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AUSSIE NETBALLER

VERITY'S STORY

"I was never ashamed or embarrassed"

FRUITS OF THE FOREST COOKIE 'PIZZA' p68

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NOV/DEC 2021

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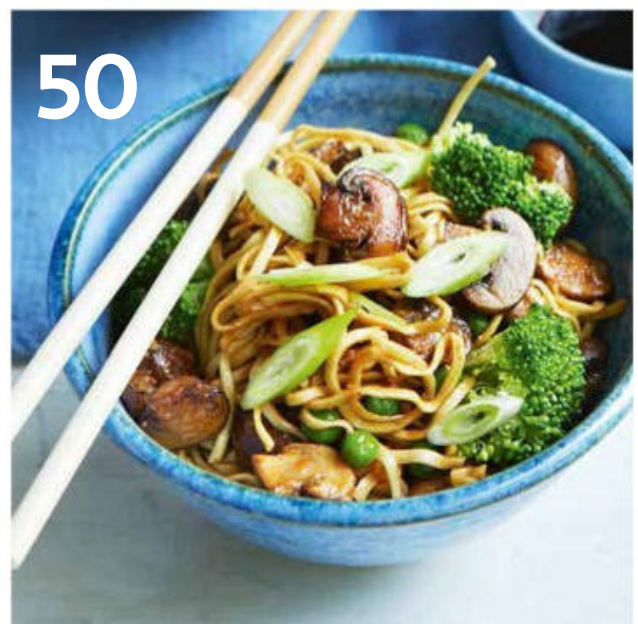

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NEXT ISSUE ON SALE DEC 16

You've got this!

As I write this, there's a light at the end of the lockdown tunnel for NSW and Victoria after what's been a very tough few months. I'm looking forward to being able to see friends and family again as the weather warms up and summer arrives. Keeping our spirits up, our exercise on track and a healthy eating plan in place has been tough and kudos to you if you've managed to do that. If not, it's never too late to start over.

A great place to begin is with our pantry makeover feature (page 82) by dietitian Dr Kate Marsh - now's a great time to take a good hard look at what's on your shelves and make a few changes to ensure you've always got a healthy snack or meal on hand. I know that a few bags of chips have somehow made their way into my pantry over the past few months! Alcohol has also been a hot topic over the past 18 months, with many of us turning to a drink during these stressful times. Turn to page 108 for dietitian Shannon Lavery's feature on diabetes, drinking and the fabulous alcohol-free options that are now available.

Christmas is still quite a few sleeps away but we're already planning lunch on the big day and our festive feast (page 24) is designed to help you dish up a deliciously healthy spread to friends and family. We've also got some healthy party canapes for when friends drop over, as well as dreamy summer desserts (page 66) for a show-stopping finish.

I hope sunny days bring you joy and that we can all start to come together again. Being with friends is so important on so many levels - a fact that's really been highlighted this year, as we've been forced to shut ourselves away. Let's fling open the windows and let some fresh air in!

Alix

Alix Davis,
Editor

We'd love to hear from you!

We want to hear your stories, answer your questions and share the love with other readers

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Diabetes Australia and JDRF are proud to support *Diabetic Living*. While all care has been taken in the preparation of the articles in this magazine, they should only be used as a guide, as neither Are Media Pty Limited nor Diabetes Australia is able to provide specific medical advice for people with diabetes or related conditions. Before following any health advice given in this magazine, please consult your healthcare professional. Recipes that are gluten free or have gluten-free options have been approved by Coeliac Australia.

JDRF IMPROVING LIVES. CURING TYPE 1 DIABETES. diabetes australia Coeliac Australia

PHOTOGRAPHY IMMEDIATE MEDIA

JUST diagnosed

START HERE

A diagnosis of diabetes can be scary at first – don't panic, we're here to help

DIABETES 101

Getting your head around 'diabetes lingo'? Read on...

- **When should I test my blood glucose levels (BGLs)?** This varies depending on the type of diabetes and your medication, but possible times include before meals, two hours after eating, before bed, before you exercise and if you're feeling unwell.
- **What should my BGLs be?** As a guide, if you have type 1 diabetes, a healthy target to aim for is 4-6mmol/L before you eat, and 4-8mmol/L two hours after starting a meal. If you have type 2 diabetes, aim for 6-8mmol/L before meals, and 6-10mmol/L two hours after starting a meal. Ask your doctor or Credentialled Diabetes Educator for more guidance.
- **What's mmol/L?** It stands for millimoles per litre of blood, and is how BGLs are measured.
- **What's HbA1c?** It's your average BGLs over a period of 10-12 weeks and, used in conjunction with the blood glucose monitoring you do yourself, paints a picture of your blood glucose management. Your doctor will arrange a HbA1c test every three to six months.
- **What's a hypo?** It's when BGLs drop below 4mmol/L. A hypo can make it hard to concentrate, so some activities (like driving) aren't safe, and it needs to be treated quickly using specific foods. Only people who take insulin or some types of glucose-lowering tablets are at risk of a hypo.
- **Will I have to use insulin?** Yes, if you have type 1. But 50 per cent of people with type 2 will also need insulin six to 10 years after being diagnosed, because the pancreas produces less insulin over time.
- **What's pre-diabetes?** It's when BGLs are higher than normal, but not high enough for a type 2 diagnosis. Lifestyle changes can delay or prevent pre-diabetes from becoming type 2.

WORDS KAREN FITTALL; PHOTOGRAPHY GETTY IMAGES

TYPE 1 & TYPE 2...
What's the difference?

TYPE 1 is an auto-immune condition caused by a combination of genetics and unknown factors. It accounts for 10 per cent of all diabetes, and occurs when the body's immune system destroys the cells in the pancreas that produce insulin, the hormone that's vital for converting glucose into energy. People living with type 1 diabetes need to use insulin to reduce the level of glucose circulating in their blood.

TYPE 2 is caused by a combination of genetics and lifestyle factors. It accounts for 85-90 per cent of all diabetes, and is a progressive condition where the body becomes resistant to the normal effects of insulin, or where the pancreas slowly loses its ability to produce enough of the hormone – both of which leave too much glucose in the blood. Lifestyle modifications or medication (and sometimes both) are used to manage type 2 diabetes.

IN 2020, TYPE 1 DIABETES COST

$2.9 BILLION

in Australia, through healthcare costs, reduced wellbeing, lower employment and additional care

FOOD MYTHS FOR PWD

It's my sweet tooth!

It's not that simple. While type 1 is triggered by genetics and unknown factors, type 2 is caused by a mix of genetics and lifestyle factors. One of those is being overweight, but it's not just sugar that causes that. Plus, if you are overweight, that's only a risk factor, not a direct cause of type 2.

No more chocolate!

False. As long as chocolate, or other foods containing added or natural sugars, are eaten as part of a healthy meal plan or combined with exercise, people with diabetes can definitely still enjoy them in moderation. Talk to your GP or dietitian for more info.

Ugh. A 'special diet'

Not really. These days 'healthy eating' for people who have diabetes is no different to the 'healthy eating' guidelines recommended for the general population. You don't need to prepare separate meals or buy special food – the recipes in *DL* are designed for everyone.

* That's People With Diabetes

TAKE THIS TO HEART

1 You're not alone
About 280 Aussies develop diabetes every day – one person every five minutes. And for every four people diagnosed, someone else is living with diabetes but doesn't know. The longer diabetes goes undiagnosed, the more it can impact your overall health.

2 It's your move
Continuing or starting regular physical activity will help lower your short- and long-term BGLs and can also help certain diabetes medications work more effectively. Plus, along with a healthy diet, losing weight – as little as five per cent of your body weight – can also have a positive impact.

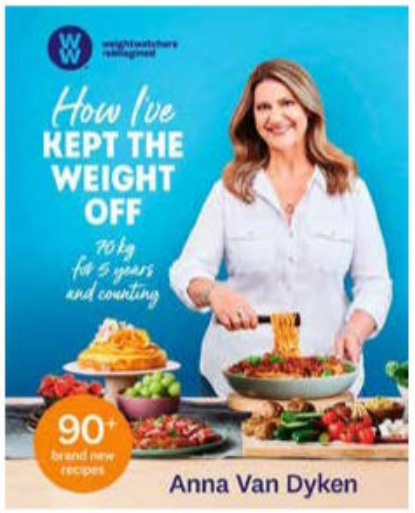
3 We're here
Wondering where to start? Combined with advice from your healthcare team, you've made a great first step. In this (and every!) issue of *Diabetic Living*, you'll find practical, helpful advice, expert responses to questions that might sound familiar, and a whole heap of healthy recipes. ■

YOUR healthy life

The latest news on diabetes, fitness, blood donations and books

Small change, big benefits

Think you have to make huge, sweeping changes to what you put on your plate in order to have any chance of improving your health with your diet? The results of a new study suggest otherwise. Researchers in the US discovered that while eating a hot dog shaves 36 minutes of healthy life from your lifespan, eating a serving of nuts instead can 'buy' you 26 minutes of healthy life. In fact, just by substituting 10 per cent of the daily kilojoules you'd usually get from red and processed meats for a mix of fruits, vegetables, nuts and legumes instead, you'll gain 48 minutes of healthy life. An added bonus? By doing that, you'll also reduce your dietary carbon footprint by a third. So every small change counts, for both your health and the environment's.



How I've Kept the Weight Off

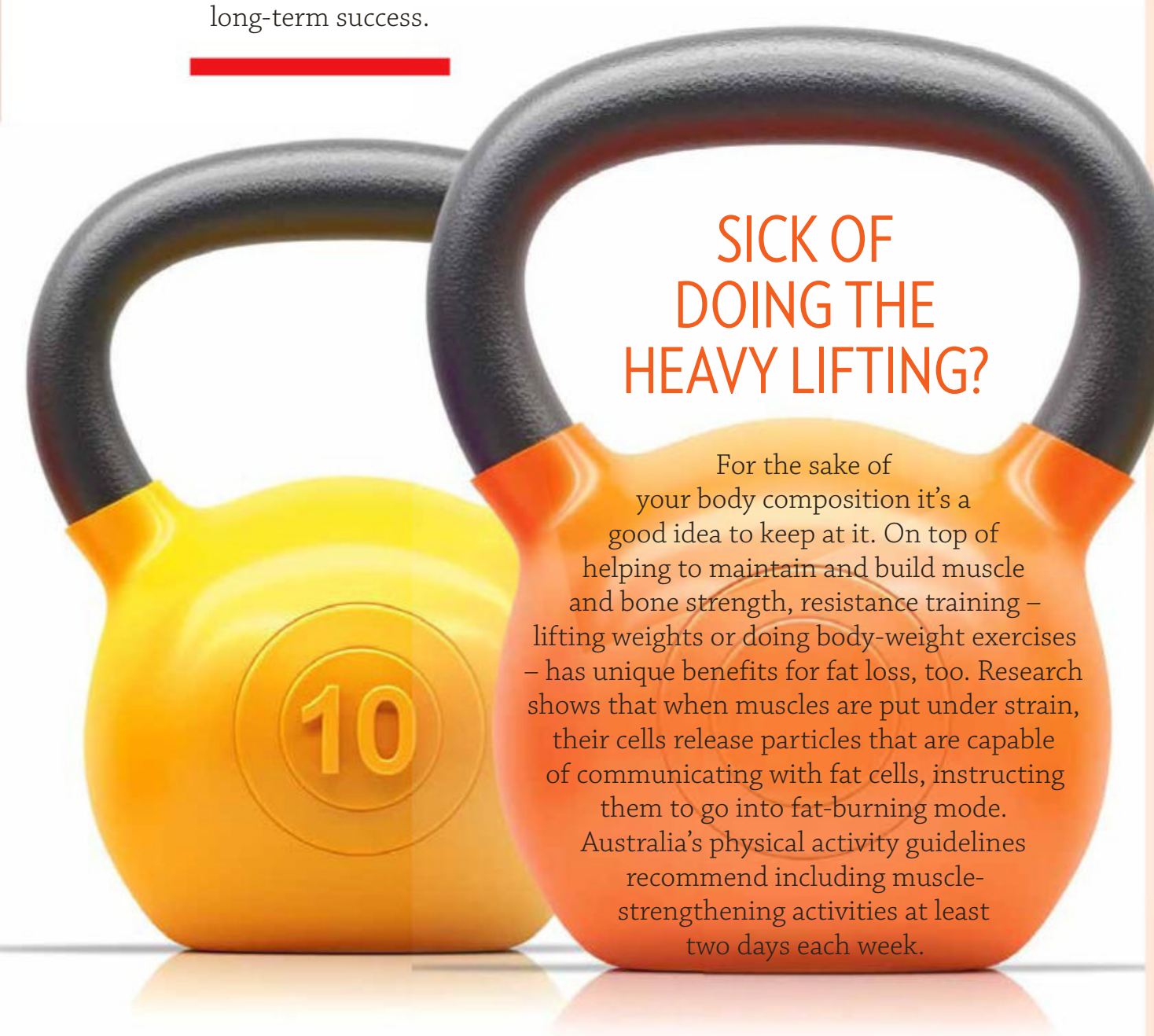
By Anna Van Dyken
Macmillan Australia,
$39.99

WW phenomenon and Instagram dynamo Anna Van Dyken not only lost 70kg, she's kept it off for the last five years. In this book, she shares her tips, tricks and the sustainable habits she swears by for weight-loss maintenance, including kitchen hacks, go-to foods and ideas for busy lives, as well as more than 90 new recipes for long-term success.

5yrs

HOW MUCH LONGER PEOPLE WITH THE HIGHEST LEVELS OF MARINE-SOURCED OMEGA-3 FATTY ACIDS IN THEIR BLOODSTREAM LIVE, ON AVERAGE.

The Heart Foundation recommends eating two or three serves of fish a week, with varieties like salmon, blue-eye trevalla, canned sardines and salmon, and some types of canned tuna containing the largest amounts of omega-3s.



SICK OF DOING THE HEAVY LIFTING?

For the sake of your body composition it's a good idea to keep at it. On top of helping to maintain and build muscle and bone strength, resistance training – lifting weights or doing body-weight exercises – has unique benefits for fat loss, too. Research shows that when muscles are put under strain, their cells release particles that are capable of communicating with fat cells, instructing them to go into fat-burning mode. Australia's physical activity guidelines recommend including muscle-strengthening activities at least two days each week.

Q&A ASK RACHEL

Q: I'd like to donate blood – can I, if I have diabetes?

Rachel says: People living with diabetes who want to donate blood will be asked a few extra screening questions, but many are able to give blood every 12 weeks if they're feeling well and haven't been overseas in the 28 days prior to donation. However, it's important to know that some diabetes-related complications, including cardiovascular disease, kidney disease, retinopathy and peripheral vascular disease, will exclude you from donating as the change in blood pressure that occurs during the donation may be detrimental and further exacerbate symptoms. Other than that, like anyone who donates blood, you'll need to be in good health at the time of the donation and be sure to take information about the medications you're taking, including those for your diabetes. Diabetes medications shouldn't disqualify you from donating, except if you've used bovine insulin since 1980. Visit donateblood.com.au to find out more.

Rachel Freeman, diabetes educator

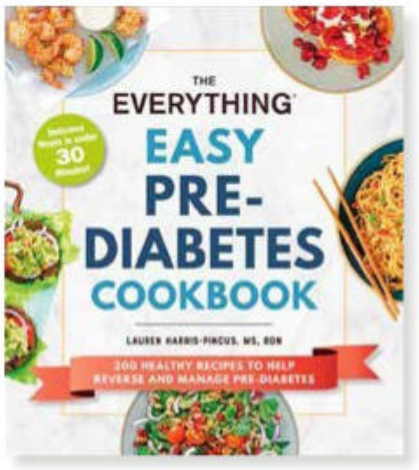
SEEING THE FUTURE

According to the findings of a new study, children whose mums were living with diabetes before conceiving or who developed it during their pregnancy are more likely to have something called high refractive error (RE), a common eye condition that's responsible for causing either long- or short-sightedness. The reason? It's most likely due to the fact that maternal high blood sugar during pregnancy can lead to elevated blood glucose levels for an unborn baby, too. This can damage the retina and optic nerve and may lead to the changes in the shape of the eyes that ultimately cause RE.

While kids whose mothers had type 1, pre-gestational type 2 or who developed gestational diabetes during pregnancy are 39 per cent more likely to have eye problems on average, the risk is even higher if mum also had diabetes-related complications. But no need to panic say the researchers behind the study, who commented that "as many REs in young children are treatable, early identification and intervention can have a lifelong positive impact".

Shake up your dinner plans

Tempted to skip dinner because you can't be bothered cooking? It's not the best idea as far as the scales go, with research showing that, unlike skipping breakfast or lunch, missing dinner bumps up the risk of weight gain. One solution when you're short on time or inspiration is grabbing a quick shake, but when you have diabetes, it pays to be picky. A good option to have on hand is IsoWhey's Diabetic Formula. Available in chocolate and vanilla flavours, it has a GI rating of 18, the lowest of any comparable product on the market, so it helps you feel fuller for longer. Plus, as well as delivering hunger-busting protein, it's low in sugar and contains inositol and chromium to assist with carbohydrate metabolism. It also features 22 vitamins and minerals, including 25 per cent of the recommended dietary intake of vitamin B12, iron, zinc, vitamin D and calcium, making it ideal for people living with diabetes who can't always get their full nutritional needs through diet alone.



The Everything Easy Pre-Diabetes Cookbook

By Lauren Harris-Pincus
Adams Media, $29.99

Discover 200 healthy and easy-to-prepare recipes that have been created specifically to help people diagnosed with pre-diabetes feel full, satisfied and confident that they're eating well. Every recipe in this cookbook takes 30 minutes or less to make and there are some delicious options, everything from stir fries to pastas and even sweet baked treats, like doughnuts.

Q: I enjoy eating out but it always sends my blood glucose levels up high. How I can eat out without causing blood glucose spikes?

Kate says: Eating out can be challenging as portion sizes are often large, meals typically contain more fat and added sugar and you have less choice about the type of carbs in the meal. The following tips might help:

- Choose meals that contain vegetables or ask for an entrée-sized meal with a side of salad or vegetables.
- Choose lean meats, chicken or fish that's been grilled, steamed, stir-fried or baked rather than battered, crumbed or fried.
- Ask for sauces and dressings on the side and add a small amount for taste. Opt for vinegar or oil-based dressings, not creamy types.
- If you're ordering takeaway, add vegetables or salad at home and make your own low-GI rice if it's an Asian takeaway (which may come with high-GI jasmine rice).
- Stop eating when you feel satisfied rather than clearing your plate, particularly when the meal is larger than you'd usually eat.

Dr Kate Marsh, advanced accredited practising dietitian and credentialled diabetes educator

CAN YOU RUB OUT AN ULCER?

The answer might be 'yes' sometime soon after a recently completed clinical trial discovered that a new topical cream is an effective treatment for diabetic foot ulcers. A complication that affects up to 35 per cent of people living with diabetes at some point in their lifetime, statistics show that foot ulcers precede the vast majority of diabetes-related amputations. It's a fact that the researchers responsible for the trial say means finding new ways to treat them effectively and quickly is key. According to reports, the cream in development contains a compound that works by regulating the activity of things called macrophages, a type of white blood cell that surrounds and kills microorganisms, removes dead cells and stimulates the action of other immune system cells. Trial results show the cream is even effective in treating and healing chronic ulcers in people with high risk factors, such as elevated HbA1c levels. Watch this space.

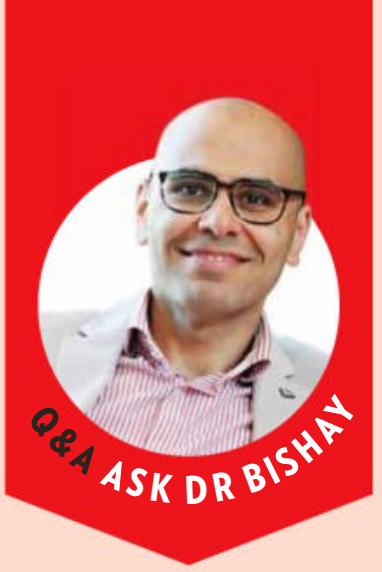
WORDS: KAREN FITALL. PHOTOGRAPHY: GETTY IMAGES, ADOBE STOCK.

A ONCE-A-WEEK INJECTION?

Around one in two people living with type 2 diabetes will need to start using insulin six to 10 years after being diagnosed, and for those affected, good news is in the pipeline – daily insulin injections might soon be able to be replaced with weekly ones. Ongoing research into a type of long-acting, once-weekly dose of insulin has produced promising results. Working by modifying the insulin molecule to prevent it from being broken down by enzymes to maintain a steady insulin release, the drug worked well in study participants who received the once-weekly injection, none of whom experienced a severe hypoglycaemic episode. A large, phase 3 clinical trial is now underway.

A united front

The national voice for people living with diabetes in Australia just got a whole lot stronger. Following the decision of members of Diabetes NSW & ACT and Queensland to merge with Diabetes Australia earlier this year, Diabetes Tasmania recently joined the party, along with two national diabetes health professional organisations – the Australian Diabetes Society and Australian Diabetes Educators Association. President and Board Chair of Diabetes Australia, Dr Michael Stanford AM says it's the biggest change for diabetes organisations since the 1980s. "This unification is all about having a stronger, more united voice for diabetes in Australia, generating more government and community support for people with diabetes and those at risk, stronger support for diabetes services and the health professionals working with people with diabetes, and a stronger diabetes research focus," he says. "It's an exciting time as we take these positive steps towards building a more influential organisation supporting all people living with or at risk of diabetes."



Q: Whenever I lose weight, I regain it. Why does this occur and how can I prevent it from happening?

Ramy says: This happens to virtually everyone who loses weight and doesn't indicate a lack of willpower. Rather, it means your metabolism is doing exactly what it's meant to do – keep your weight at a setpoint. If you're starting to lose weight, think about how you'll maintain it. These strategies can help:

- Get 30 to 60 minutes of physical activity a day. This is proven to help 'cement' weight once you've lost it.
- Practice fasting – 12 or 16 hours. This helps reduce weight, and helps with weight maintenance.
- Weigh yourself weekly. Studies show that people who do that are likely to catch weight regain and get back on track.
- Keep carbs under 100g a day because weight gain and high glucose levels in people with diabetes comes from carbs.
- Have a cheat meal once a week. It's good to build morale and endurance.
- If you regain more than 2kg or 5% of your body weight, check in with your GP to stave off weight gain.

Dr Ramy Bishay, endocrinologist & bariatric physician ■

MY DAY, MY WAY

Being active and eating well helps keep former ironwoman and television presenter Candice Warner feeling her best and in shape

Balancing work, three daughters and home life is no easy feat, but for bubbly Candice Warner it's just a regular day. Between family, competing on reality television shows and media commentating, she makes sure to prioritise her health.

CANDICE, WHAT ARE YOUR WEEKENDS LIKE?

Saturday mornings will be cricket for the girls at our local park, followed by dancing. We often hit the beach in the afternoon. An ideal Sunday is a barbecue with family and friends.

HOW DO YOU STAY ACTIVE OVER A WEEK?

For me it's all about balance. I like to go to the gym three times, plus I squeeze in two solid runs when I can. When I have a bit more time, a coastal walk really helps me to unwind.

WHAT KEEPS YOU IN BALANCE?

I am absolutely adamant about getting plenty of rest (three small girls require lots of parenting energy). I also prioritise time by myself to recharge, which I think helps me be the best mother, wife and person that I can be. My sports background has taught me a lot about food so I aim for a balanced, fuel-filled diet with plenty of fresh fruit and vegetables. But I don't deprive myself of things I love, so chocolate and ice cream here and there is essential!

HOW DO YOU MANAGE OVERINDULGENCE?

I'm very realistic about this – staying active and eating in moderation is key for me. Starving yourself or setting unrealistic goals is not sustainable or good for your health or wellbeing. If I have had a blowout, I just refocus on healthy choices for the following days to get myself back in balance.

MY DAY ON A PLATE

BREAKFAST

Coffee plus smashed avocado with poached eggs, or a green smoothie made with IsoWhey Complete Madagascan Vanilla.

LUNCH

Homemade chicken salad or a tuna and salad wrap.

SNACKS

Nuts, bananas or berries (and sometimes a biscuit when I need something to keep me going!).

DINNER

I keep it simple as I often eat early with the kids. I like steamed fish and veggies or steak, chips and salad, and maybe a wine if my husband is home and we eat together.

CHARGE YOUR DAY

Based on grass-fed Australian whey protein, IsoWhey Complete assists with health and weight management in conjunction with a balanced diet. Packed with vitamins and minerals for energy and immune system support, it's also a great snack or post-workout meal.

ISOWHEY®

For more information and to try Candice's Green Smoothie recipe, visit **isowhey.com.au**

Living a life of advocacy

Over the last two decades **Renza Scibilia** has transitioned from being newly diagnosed with type 1 to an influential diabetes advocate and activist and a vital part of the team at Diabetes Australia. And she's not done yet.

When Renza Scibilia was diagnosed with type 1 diabetes in 1998 she was 24 years old, didn't know anything about the disease and was running her own business teaching music. As a classically trained flute player, she's the first to admit it wasn't exactly the obvious training ground for a future career in health advocacy. Fast forward to this year and a few months ago she was speaking at a virtual World Health Organisation event that brought people from all over the globe together to talk about diabetes.

"I'd never say diabetes is a blessing," she says. "I hate diabetes and I find it really tough to find positive things about it. But at the same time the life I have now and the incredible opportunities I've had – including speaking at events and the chance to, in my role with Diabetes Australia, help influence health policies with the aim of improving the day-to-day life of people living with diabetes – wouldn't have happened without it."

Still, being diagnosed with diabetes is one thing, making advocating for others living with it a big part of your life is another. Renza says that journey began on the day she learned she had diabetes.

"My GP made me an appointment with an endocrinologist for that same day and while he was lovely, he was also pretty old-school. So his explanation of diabetes was not only incredibly simplistic, at that first appointment he showed me some really confronting photos of long-term complications, including amputations and people on dialysis. It not only made managing diabetes sound easy – when in reality there's nothing about diabetes that's easy – being told that if you don't look after yourself this is

what'll happen to you, without any context or explanation, was terrifying.

"I'm fortunate that I'm health literate enough and had the resources available to me that I could decide that actually no, that approach wasn't for me, but so many people don't or aren't able to do that for all sorts of reasons. And that's really damaging because if you feel like you're being threatened or judged by your doctor rather than supported, there's a risk you'll put your head in the sand instead and not go back.

"I think it was realising that and feeling like I wanted to do something about it, that's one of the biggest reasons I've gone down the path I have."

Adding her voice to the cause

What started out as a volunteer role at Diabetes Victoria eventually led Renza to her current position as Diabetes Australia's manager of type 1 diabetes and communities. In the middle of that journey she also launched Diabetogenic, an award-winning, popular blog where she shares her real-life journey with diabetes. "I started the blog because I was looking for a way to feel connected to others but also because I wanted to write about diabetes-related things that don't get talked about enough, like women's sexual health and fertility and mental health."

But the thing Renza is most passionate about advocating for is that there's no one way to do diabetes. "It would be wonderful if there was but that's not how it works. So, where possible, my whole thing is helping people understand that they have choices and knowing how to ask for what they want.

Diabetes Australia's Renza Scibilia. OPPOSITE Renza talks on living with type 1.

"That's a talk I've given often at events and still give often even though it's 2021, both to people living with diabetes and to healthcare professionals. I encourage people to interview their healthcare professionals so they can find one who suits their needs and preferences, and I encourage healthcare professionals to expect and accept that people have the right to do that."

Still, Renza says that while that kind of person-centred approach to diabetes would ideally be the norm,

> **There are still some very big gaps in the care people receive and living with diabetes is very tough for some people**

we're not there yet. "Sadly, there are still some very big gaps in terms of the care people receive and as a result, living with diabetes is very tough for some people. So while I really hope that the work I do has made a difference, until diabetes care is a level playing field for everyone in Australia, I won't feel like we're done."

And of course Renza's work has already made a real difference to a lot of people. "I got an email recently from a woman who was at an event I spoke at 17 or 18 years ago, and she'd sent me a photo of herself with her daughter. It was significant because when I met her back then, she said she'd been told that being type 1 meant she'd never be able to have a healthy pregnancy or baby, and she'd been astonished to hear me say the exact opposite. To see a photo of her with her daughter and know that something I'd said encouraged her to seek a different opinion and explore her options, it's always really wonderful to hear those stories."

Visit Renza's blog at *diabetogenic.wordpress.com* ■

WORDS KAREN FITTALL, PHOTOGRAPHY SUPPLIED BY RENZA SCIBILIA.

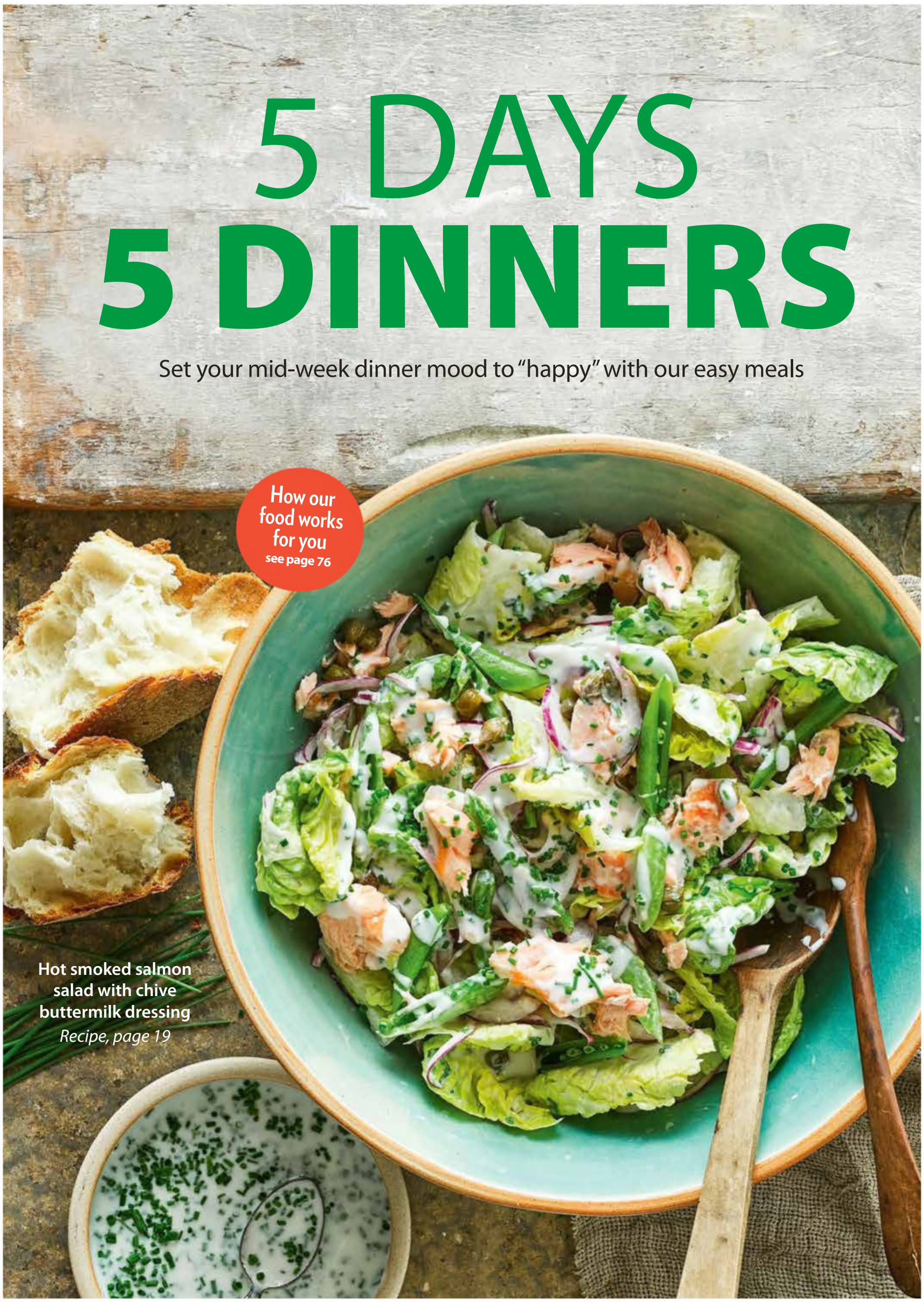
Chicken piccata with garlicky greens & new potatoes

Recipe, page 19

5 DAYS
5 DINNERS

Set your mid-week dinner mood to "happy" with our easy meals

How our food works for you
see page 76



Hot smoked salmon salad with chive buttermilk dressing

Recipe, page 19

MONDAY GFO

SWEET POTATO JACKETS WITH STIR-FRIED BEEF & BEANS

PREP 15 MINS **COOK** 50 MINS
SERVES 2 (AS A MAIN)

2 (about 175g each) orange sweet potatoes
200g beef sirloin steak, trimmed of fat
2 cloves garlic, finely grated
2 tsp smoked paprika
1½ tsp olive oil
1 green capsicum, halved, deseeded, sliced
1 tsp cumin seeds
2 tomatoes, cut into wedges
420g can no-added-salt canned black beans, rinsed and drained
1 tsp salt-reduced stock powder or gluten-free stock powder
Handful of coriander leaves, chopped, plus extra whole leaves, to serve
1 small avocado, halved, stone removed, peeled, chopped or mashed
1 lime, cut into wedges

1 Preheat oven to 180°C (fan-forced). Place the potatoes on a small baking tray and bake for 45 minutes, or until tender.

2 Meanwhile, combine the steak and half the garlic and half the paprika in a small bowl. Heat ½ tsp of the oil in a non-stick wok over high heat. Add the capsicum and stir-fry for 1 minute. Add the remaining garlic and cumin. Cook, stirring often, for 3 minutes. Add the tomatoes and remaining paprika. Cook, stirring often, for 10 minutes. Add the beans and stock powder and stir to warm through. Stir in the chopped coriander.

3 Put the potatoes on serving plates and cut them open. Top with the avocado and squeeze over a little lime juice. Divide the bean mixture between the potatoes.

4 Add the remaining oil to the wok over high heat. Add the steak and stir-fry for 2 minutes or until just cooked. Divide the steak between the top of the potatoes. Sprinkle with the coriander leaves. Serve with the remaining lime wedges, for squeezing over.

Nutrition info

PER SERVE 2360kJ, **protein** 42g, **total fat** 15g (sat. fat 3g), **carbs** 54g, **fibre** 20g, **sodium** 357mg • **Carb exchanges** 3½ • **GI estimate** low • **Gluten-free option**

TUESDAY GFO LC

CHICKEN PICCATA WITH GARLICKY GREENS & NEW POTATOES

PREP 10 MINS **COOK** 15 MINS
SERVES 2 (AS A MAIN)

200g Carisma Baby Potatoes, halved if large
300g green beans, trimmed
200g trimmed silverbeet, shredded
2 x 125g skinless chicken breast fillets, trimmed of fat
3 tsp olive oil
Freshly ground black pepper
100ml salt-reduced chicken stock or gluten-free stock
1 Tbsp drained capers (in vinegar)
Zest and juice of 1 lemon
2 cloves garlic, sliced
1 Tbsp grated parmesan

1 Cook the potatoes in a large saucepan of boiling water for 8-10 minutes or until tender. Add the green beans and silverbeet for the last 3 minutes of cooking. Drain, then separate the greens from the potatoes.

2 While the potatoes are cooking, cut the chicken breasts through the centre lengthways, leaving one side attached so it opens out like a book. Brush each one with 1 teaspoon of the oil. Season with pepper. Heat a large non-stick frying pan over medium-high heat. Add the chicken and cook for 4 minutes on each side or until golden.

3 Pour the stock, capers, lemon zest and juice over the chicken. Bring to a simmer and simmer for 2-3 minutes to allow the mixture to reduce slightly. Add the cooked potatoes and simmer for a further minute.

4 Heat the remaining oil in another non-stick frying pan over medium heat. Add the garlic and cook, stirring, for 1 minute or until lightly golden and fragrant. Add the drained greens, and toss in the garlicky oil. Season with pepper. Sprinkle over the parmesan and serve with the chicken and potatoes.

Nutrition info

PER SERVE 1370kJ, **protein** 37g, **total fat** 12g (sat. fat 3g), **carbs** 17g, **fibre** 10g, **sodium** 589mg • **Carb exchanges** 1 • **GI estimate** low • **Gluten-free option** • **Lower carb**

WEDNESDAY GFO LC

HOT SMOKED SALMON SALAD WITH CHIVE BUTTERMILK DRESSING

PREP 10 MINS **SERVES** 2 (AS A MAIN)

2 Little Gem lettuce, cut into chunky pieces
50g sugar snap peas, halved
1 red onion, thinly sliced
2 Tbsp drained capers (in vinegar)
100g hot-smoked salmon, skin removed
60g white crusty roll or gluten-free roll, torn in half

CHIVE BUTTERMILK DRESSING
100ml buttermilk
1 Tbsp white wine vinegar
Pinch caster sugar
Freshly ground black pepper
1 bunch chives, finely chopped

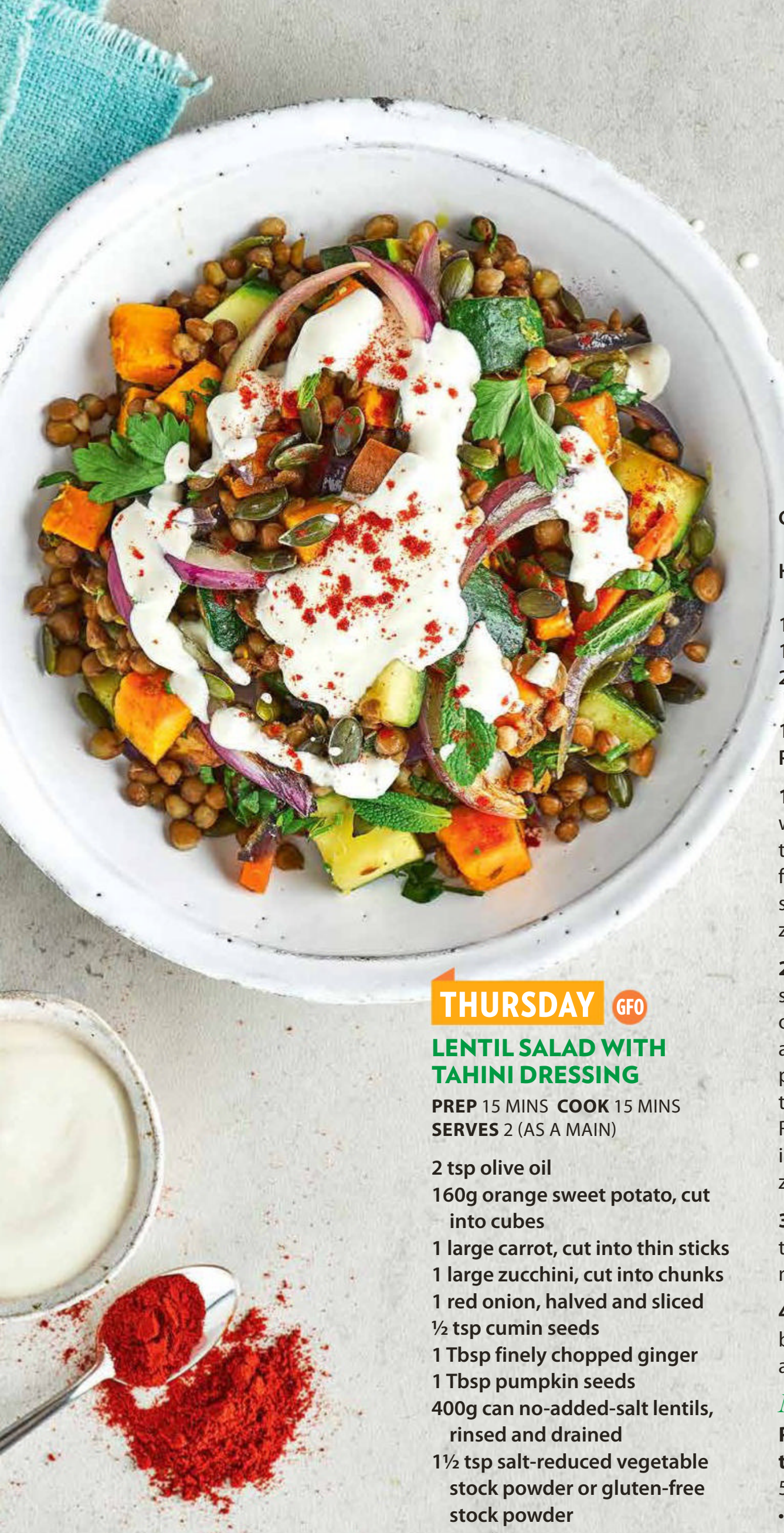
1 To make the dressing, whisk together the buttermilk, vinegar, sugar and pepper in a small bowl. Stir in the chives.

2 Add the lettuce to a large bowl. Add the sugar snap peas, red onion and capers. Toss gently to combine. Pour in ½ the dressing and toss again. Flake the salmon over and gently toss again.

3 Tip salad into a serving bowl. Drizzle over the rest of the dressing and serve with crusty bread.

Nutrition info

PER SERVE 1290kJ, **protein** 24g, **total fat** 10g (sat. fat 2g), **carbs** 26g, **fibre** 7g, **sodium** 947mg • **Carb exchanges** 1½ • **GI estimate** low • **Gluten-free option** • **Lower carb**



THURSDAY GFO

LENTIL SALAD WITH TAHINI DRESSING

PREP 15 MINS **COOK** 15 MINS
SERVES 2 (AS A MAIN)

2 tsp olive oil
160g orange sweet potato, cut into cubes
1 large carrot, cut into thin sticks
1 large zucchini, cut into chunks
1 red onion, halved and sliced
½ tsp cumin seeds
1 Tbsp finely chopped ginger
1 Tbsp pumpkin seeds
400g can no-added-salt lentils, rinsed and drained
1½ tsp salt-reduced vegetable stock powder or gluten-free stock powder
Zest of 1 lemon
Good handful of mint, roughly chopped
Handful of flat-leaf parsley, roughly chopped
1½ Tbsp tahini
1 clove garlic, finely grated
240g reduced-fat Greek-style natural yoghurt
1 Tbsp water
Pinch smoked paprika, to serve

1 Heat the oil in a large non-stick wok over medium-high heat. Add the sweet potato and cook, stirring frequently, for 5 minutes or until it starts to soften. Add the carrot, zucchini, onion, cumin and ginger.

2 Increase heat to high and cook, stirring frequently, for 4-5 minutes or until the vegetables are tender and a little charred. Stir in the pumpkin seeds towards the end so they cook for a couple of minutes. Remove the pan from the heat. Stir in the lentils, stock powder, lemon zest, mint and parsley.

3 Meanwhile, stir the tahini with the garlic, yoghurt and water to make a dressing.

4 Spoon the lentil salad into bowls and top with the dressing and paprika.

Nutrition info

PER SERVE 2290kJ, **protein** 29g, **total fat** 22g (sat. fat 4g), **carbs** 56g, **fibre** 17g, **sodium** 581mg • **Carb exchanges** 3½ • **GI estimate** low • **Gluten-free option**

FRIDAY GF

BUN CHA WITH SIZZLING MEATBALLS

PREP 15 MINS **COOK** 15 MINS
SERVES 2 (AS A MAIN)

60g vermicelli rice noodles
Handful bean sprouts
2 Little Gem lettuces, core removed and torn
50g sugar snap peas, blanched
1 carrot, coarsely grated
½ small bunch mint, leaves torn
½ small bunch Thai basil or regular basil
3 tsp olive oil

MEATBALLS
250g lean pork mince
1 clove garlic, crushed
4cm piece ginger, grated
½ red chilli, finely chopped
1 tsp fish sauce
Freshly ground black pepper

DRESSING
2 tsp fish sauce
2 tsp rice wine vinegar
1 Tbsp brown sugar
Zest and juice of 1 lime

1 To make the meatballs, combine the mince, garlic, ginger, chilli and fish sauce in a large bowl. Season with pepper. Mix to combine. Form into 9 balls. Place in the fridge for 15 minutes.

2 Cook the noodles in a small saucepan of boiling water, following packet directions. Drain really well and run under cold water until completely cold. Drain again.

3 Dressing; whisk all the ingredients in a small bowl.

4 Divide the noodles between plates and put all the vegetables in piles on the top. Spoon over ¾ of the dressing and top with herbs. Place in the fridge to chill.

5 Heat the oil in a medium non-stick frying pan over medium heat. Add the meatballs and cook, turning occasionally, for 8-10 minutes until well browned and cooked through.

6 Remove the bowls from the fridge. Place the meatballs on top and spoon over the remaining dressing and a few more herbs.

Nutrition info

PER SERVE 1910kJ, **protein** 35g, **total fat** 13g (sat. fat 3g), **carbs** 47g, **fibre** 9g, **sodium** 887mg • **Carb exchanges** 3 • **GI estimate** low • **Gluten free**

LOVE YOUR LEFTOVERS

Not sure what to do with the remaining food? Take inspiration from these tasty tips

PANTRY

STOCK Use in sauces, soups or pasta sauces.

CAPERS Finely chop and use in dressings, or throw a few whole into a salad to add a salty hit.

NOODLES Use to make a Thai-style noodle salad, packed with lots of shredded vegies and fresh herbs.

TAHINI Use to make your own hummus.

PUMPKIN SEEDS Lightly toast and sprinkle on salad, or sprinkle a few over Special K with a handful of roughly chopped walnuts and some fresh berries.

CHILLED

HOT SMOKED SALMON Break into pieces and throw into your favourite vegie-packed garden salad.

BUTTERMILK Use to make pancakes or dressings.

YOGHURT Use in smoothies, desserts or spoon on top of curries.

VEGETABLES

POTATOES Steam and toss in fresh herbs and a drizzle of olive oil and serve as a side or roast with your favourite vegies and a piece of chargilled lean steak or chicken.

SILVERBEET Shred and sauté in a little olive oil and garlic. Toss through a little fresh lemon zest and juice and season with pepper. Serve as a side.

CORIANDER, BASIL Toss into salads, finely chop and use in dressings or toss through your stir-fry just before serving.

BEAN SPROUTS Keep leftover sprouts in a bowl filled with cold water in the fridge, changing and replacing the water every day. Use in salads or throw into stir-fries just before serving. Also great to throw a few onto your favourite healthy vego sandwich.

CHILLI Use in dressings or finely chop and saute with some garlic, onion and olive oil and use as a base to your pasta sauce.

GINGER Finely grate and use in dressing or finely chop or shred and use in curries, sauces or stir-fries.

PARSLEY Use the leaves in salads and on wraps. Finely chop and use in dressings. ■

RECIPES & PHOTOGRAPHY IMMEDIATE MEDIA;
ADDITIONAL INFORMATION ALISON ROBERTS, SHANNON LAVERY (DIETITIAN)

SHOPPING LIST

GROCERIES

- ❑ 500ml carton salt-reduced chicken stock
- ❑ 230g jar capers in vinegar
- ❑ 300g pkt vermicelli rice noodles
- ❑ 375g jar tahini
- ❑ 400g can no-added-salt lentils
- ❑ 250g pkt pumpkin seeds
- ❑ 420g can no-added-salt canned black beans
- ❑ 60g white crusty roll

PANTRY

- ❑ Olive oil
- ❑ Black pepper
- ❑ 6 cloves garlic
- ❑ Parmesan
- ❑ Gluten-free flour
- ❑ White wine vinegar
- ❑ Caster sugar
- ❑ Fish sauce
- ❑ Brown sugar
- ❑ Smoked paprika
- ❑ Cumin seeds
- ❑ Salt-reduced vegetable stock powder

CHILLED

- ❑ 150g piece hot smoked salmon
- ❑ 600ml carton buttermilk
- ❑ 500g container reduced-fat Greek-style natural yoghurt

FRUIT AND VEGETABLES

- ❑ 1kg bag Carisma Baby Potatoes
- ❑ 2 (about 175g each) orange sweet potato + 160g sweet potato
- ❑ 300g green beans
- ❑ 2 tomatoes
- ❑ 1 bunch silverbeet
- ❑ 1 green capsicum
- ❑ 2 lemons
- ❑ 1 bunch coriander
- ❑ 1 bunch mint
- ❑ 4 Little Gem lettuces
- ❑ 100g sugar snap peas
- ❑ 2 red onions
- ❑ 1 bunch chives
- ❑ 1 pkt bean sprouts
- ❑ 1 carrot + 1 large carrot
- ❑ 1 bunch Thai basil or regular basil
- ❑ 2 limes
- ❑ Small knob of ginger
- ❑ 1 red chilli
- ❑ 1 large zucchini
- ❑ 1 bunch flat-leaf parsley
- ❑ 1 small avocado

CHICKEN & MEAT

- ❑ 2 x 125g skinless chicken breast fillets
- ❑ 200g beef sirloin steak
- ❑ 250g lean pork mince

Festive FEAST

Gather together to enjoy a Christmas lunch that's deliciously healthy

Marinated chilli & lime Prawns
Recipe, page 28

How our food works for you
see page 76

ON THE MENU

Marinated chilli & lime prawns

Pimms & ginger punch

Honey & orange turkey with cranberry sauce

Mango, avocado & spinach salad

Corn, capsicum & mint rice salad

Baked ricotta & berry cheesecake

Nutrition info

(Full menu nutritional analysis - includes all recipes listed)

PER SERVE 2930kJ, **protein** 43g, **total fat** 24g (sat. fat 10g), **carbs** 59g, **fibre** 12g, **sodium** 977mg

- **Carb exchanges** 4
- **GI estimate** medium

Cook's Tip

Alcohol-free option – replace the Pimms with 185ml (¾ cup) Impressed Cold Pressed Raspberry Beret juice

Pimms & ginger punch

Recipe, page 28

Cook's Tip

Try replacing the Dijon mustard with wholegrain mustard and the thyme with tarragon.

Orange & honey roast turkey with cranberry sauce

Recipe, page 28

Cook's Tip

You can also use ½ cup of frozen corn kernels instead of fresh kernels and cook them following the pack instructions.

Corn, capsicum & mint rice salad

Recipe, page 29

Mango, avocado & spinach salad

Recipe, page 29

Cook's Tip

You can replace the sugar snap peas with snow peas or beans, feta with low-fat ricotta and lemon juice with lime juice.

GF LC

PIMMS & GINGER PUNCH

PREP 10 MINS **SERVES** 8 (AS A DRINK)

185ml (¾ cup) Pimm's No.1
1 cup mint leaves
5cm piece ginger, peeled, very thinly sliced
250g punnet strawberries, finely chopped
1 Lebanese cucumber, very thinly sliced
1.25L bottle diet lemonade, chilled
750ml bottle diet ginger beer, chilled
Ice cubes, to serve

1 Put the Pimm's, mint leaves, ginger, strawberries and cucumber in a large jug or punchbowl.

2 Add the lemonade and ginger beer to the Pimm's mixture. Stir to combine.

3 Add the ice cubes to jug or punchbowl just before serving. Serve.

COOK'S TIP If you prefer, you can replace the strawberries with raspberries or use a combination of strawberries, raspberries and blueberries.

Nutrition info

PER SERVE 265kJ, **protein** 1g, **total fat** 0g (sat. fat 0g), **carbs** 2g, **fibre** 2g, **sodium** 43mg • **Carb exchanges** 0 • **GI estimate** n/a • **Gluten free** • **Lower carb**

PER SERVE (Alcohol-free option) 118kJ, **protein** 1g, **total fat** 0g (sat. fat 0g), **carbs** 5g, **fibre** 2g, **sodium** 43mg • **Carb exchanges** ½ • **GI estimate** low • **Gluten free** • **Lower carb**

GFO LC

MARINATED CHILLI & LIME PRAWNS

PREP 15 MINS (+ 4 HOURS MARINATING) **SERVES** 8 (AS AN ENTREE)

40 cooked medium prawns, peeled and deveined, tails left intact
⅔ cup coriander leaves, to serve
3 green shallots, trimmed, thinly diagonally sliced, to serve

MARINADE
Finely grated zest of 2 limes
Freshly squeezed juice of 1 lime
1½ Tbsp sweet chilli sauce or gluten-free sweet chilli sauce
1 tsp fish sauce

1 To make the marinade, put the lime zest, lime juice, sweet chilli sauce and fish sauce in a shallow dish. Stir to combine.

2 Add the prawns to the marinade and toss to coat. Cover and place in the fridge for at least 1 hour or up to 4 hours to marinade.

3 Use tongs to remove the prawns from the marinade and arrange on a serving platter. Drizzle over the remaining marinade. Top with the coriander leaves and sprinkle over the shallots. Serve.

Nutrition info

PER SERVE 233kJ, **protein** 9g, **total fat** 0g (sat. fat 0g), **carbs** 3g, **fibre** 0g, **sodium** 460mg • C**arb exchanges** 0 • **GI estimate** n/a • **Gluten-free option** • **Lower carb**

GFO LC

ORANGE & HONEY ROAST TURKEY WITH CRANBERRY SAUCE

PREP 15 MINS (+ 20 MINS RESTING)
COOK 1 HOUR 55 MINS
SERVES 8 (75G PER SERVE AS PART OF A MAIN, WITH LEFTOVERS FOR 12)

2.6kg (size 26) turkey buffe, thawed following pack directions
4 Tbsp whole cranberry sauce or gluten-free cranberry sauce

ORANGE AND HONEY GLAZE
Zest and juice of 2 oranges
2 Tbsp honey
2 cloves garlic, crushed
2 tsp Dijon or gluten-free mustard
1 Tbsp thyme leaves

1 To make glaze, put zest and juice, honey, garlic, mustard and thyme in a small saucepan. Stir over medium heat. Bring to a simmer. Cook for 5-10 minutes, stirring occasionally, or until mixture reduces and thickens.

2 Preheat oven to 160°C (fan-forced). Remove any excess fat from turkey. Put turkey in a roasting pan. Pour 500ml (2 cups) water into pan. Brush turkey with glaze. Cover with a piece of baking paper, then cover with a piece of foil. Bake for 1¼ hours.

3 Remove foil and paper from turkey and discard. Brush some of remaining glaze over turkey. Bake for 30 minutes, basting with remaining glaze after 15 minutes or until cooked when tested with a skewer in thickest part of turkey (juices should run clear).

4 Remove turkey from oven and set aside for 15-20 minutes to rest before carving. Serve with cranberry sauce.

Nutrition info

PER SERVE 620kJ, **protein** 15g, **total fat** 6g (sat. fat 2g), **carbs** 7g, **fibre** 1g, **sodium** 178mg • **Carb exchanges** ½ • **GI estimate** medium • **Gluten-free option** • **Lower carb**

RECIPES & PHOTOGRAPHY IMMEDIATE MEDIA;
ADDITIONAL INFORMATION ALISON ROBERTS, SHANNON LAVERY (DIETITIAN)

GF

MANGO, AVOCADO & SPINACH SALAD

PREP 15 MINS **COOK** 5 MINS
SERVES 8 (AS PART OF A MAIN)

2 bunches asparagus, woody ends trimmed
120g baby spinach leaves
2 stalks celery, thinly diagonally sliced
125g sugar snap peas, diagonally halved
2 mangoes, flesh thinly sliced
1 avocado, flesh thinly sliced
50g reduced-fat feta, crumbled, to serve

DRESSING
60ml (¼ cup) fresh orange juice
1 Tbsp fresh lemon juice
2 tsp olive oil
Freshly ground black pepper

1 Bring a medium saucepan of water to the boil. Add the asparagus and cook for 1 minute. Drain and rinse under cold water. Pat dry with paper towel. Diagonally slice the asparagus.

2 Put the asparagus, spinach, celery and sugar snap peas in a large bowl. Toss to combine.

3 To make the dressing, put the orange juice, lemon juice and oil in a small bowl. Season with pepper and whisk to combine.

4 Just before serving, add the dressing to salad and toss gently to combine. Add the mango and avocado and toss gently to combine. Transfer salad to a serving bowl. Sprinkle feta over salad and serve.

Nutrition info

PER SERVE 479kJ, **protein** 4g, **total fat** 5g (sat. fat 1g), **carbs** 12g, **fibre** 4g, **sodium** 94mg • **Carb exchanges** 1 • **GI estimate** low • **Gluten free**

GF

CORN, CAPSICUM & MINT RICE SALAD

PREP 15 MINS (+ 20 MINS COOLING)
COOK 15 MINS **SERVES** 8 (AS PART OF A MAIN)

120g basmati rice
1 corncob, husk and silk removed, kernels removed
1 red capsicum, finely chopped
4 green shallots, trimmed, chopped
1 Continental cucumber, finely chopped
½ bunch mint leaves, shredded
200g punnet grape or cherry tomatoes, halved

DRESSING
Juice of 1 lime
1 Tbsp white balsamic vinegar
3 tsp olive oil
1 tsp caster sugar
Freshly ground black pepper

1 Cook the rice in a medium saucepan of boiling water, following pack instructions. Add the corn kernels for the last 2 minutes of cooking. Drain well and spread on a large oven tray. Set aside to cool for 20 minutes.

2 To make the dressing, put the lime juice, balsamic vinegar, oil and sugar in a small bowl. Season with pepper and whisk to combine.

3 Put the rice, corn, capsicum, shallots, cucumber, mint and tomatoes in a large bowl. Toss to combine. Add the dressing and toss to combine. Serve.

Nutrition info

PER SERVE 474kJ, **protein** 3g, **total fat** 2g (sat. fat 0g), **carbs** 18g, **fibre** 3g, **sodium** 14mg • **Carb exchanges** 1 • **GI estimate** medium • **Gluten free**

PLAN AHEAD

1 day ahead

- Make the cheesecake. Chill in the fridge overnight (can be made up to 2 days ahead).
- Roast the turkey. Cover and keep in the fridge.
- Make the dressing for the Corn, capsicum and mint rice salad and for the Mango, avocado and spinach salad. Store each in a small jar in the fridge.

Up to 4 hours before serving the mains

- Prepare and marinate the prawns up to the end of Step 1.
- Make the rice salad. Cover and put in the fridge.
- Prepare ginger, strawberries, mint and cucumber for the Pimm's and ginger punch. Cover and keep in the fridge.

30 minutes before serving the mains

- Add dressing to the rice salad. Toss to combine.
- Make the mango salad. Add dressing and toss to coat.

Just before serving the mains

- Finish off the prawn recipe from Step 2.
- Finish off the punch, ready to serve.

Just before serving dessert

- Continue with Step 6 of the cheesecake recipe.

BAKED RICOTTA & BERRY CHEESECAKE

PREP 25 MINS (+ 2 HOURS COOLING & 8 HOURS CHILLING)
COOK 1 HOUR **SERVES** 8 (AS AN OCCASIONAL DESSERT, WITH LEFTOVERS FOR 7)

6 sponge finger biscuits, halved lengthways
500g tub Pantalica Smooth Light Ricotta Cheese
2 x 220g tubs light cream cheese
110g (½ cup) caster sugar
⅓ cup Equal Spoonful
Finely grated zest of 1 large lemon
2 tsp vanilla extract
2 x 60g eggs
4 x 60g eggs, separated
2 x 125g punnets raspberries
125g punnet blueberries
250g punnet strawberries, sliced

RASPBERRY COULIS
120g (1 cup) frozen raspberries, thawed, juices reserved
1 Tbsp icing sugar mixture, sifted
1-2 Tbsp water

1 Preheat oven to 140°C (fan-forced). Spray a 20cm (base measurement) springform pan with cooking spray. Line base and sides with baking paper. Arrange the biscuits over base, cutting to fit if necessary.

2 Using electric beaters, beat the cheeses, sugar, Equal, lemon zest and vanilla in a large bowl until combined. Add 2 whole eggs and 4 egg yolks. Beat until well combined. Set aside.

3 Using clean electric beaters, whisk eggwhites in another bowl until soft peaks form. Add to ricotta mixture. Using a large metal spoon, fold in until just combined. Set aside. Using a fork, lightly mash 1 punnet of raspberries. Fold into ricotta mixture then pour into prepared pan. Bake for 50-60 minutes or until set.

4 Turn off the oven and wedge a wooden spoon in door to keep ajar. Cool in oven for 1 hour. Remove from the oven and set aside in pan for 1 hour to cool. Cover with plastic wrap and place in the fridge for 8 hours, preferably overnight, to chill.

5 To make the raspberry coulis, process raspberries and juices with icing sugar in a small food processor until smooth. Push through a sieve into a bowl. Stir in water, if needed.

6 Transfer the cheesecake to a serving plate. Top with the remaining berries, drizzle over coulis and serve.

Nutrition info

PER SERVE 858kJ, **protein** 10g, **total fat** 10g (sat. fat 6g), **carbs** 17g, **fibre** 2g, **sodium** 187mg
- **Carb exchanges** 1
- **GI estimate** medium ■

HEALTHY CANAPES

How our food works for you
see page 76

Steak Lettuce Cups *Recipe, page 38*

Summer entertaining is looking good - and healthy - with these tasty finger foods

Grilled Eggplant Stacks *Recipe, page 35*

Mini Avo Toasts *Recipe, page 39*

GFO LC

SESAME CHICKEN & PRAWN SKEWERS

PREP 20 MINS (+ MARINATING)
COOK 5 MINS **MAKES** 20 CANAPE PIECES

4cm piece ginger, grated
1 large clove garlic, grated
1 tsp honey
1½ tsp salt-reduced soy sauce or gluten-free soy sauce
1 tsp sesame oil
Juice of half a lime
1 Tbsp sesame seeds
125g skinless chicken breast fillet, trimmed of fat, cut into 10 pieces
10 green king prawns, peeled, deveined
1 head broccoli, cut into 20 florets
20 toothpicks

1 Combine ginger, garlic, honey, soy sauce, sesame oil, lime juice and sesame seeds in a bowl. Divide between two bowls. Add the chicken pieces to one bowl and the prawns to the other. Toss both mixtures until well combined. Set aside for 15 minutes to marinate.

2 Heat a large non-stick frying pan over medium-high heat. Add chicken and cook for 3 minutes, push to one side and add prawns. Cook for 2 minutes or until prawns are pink and chicken is cooked.

3 Put the broccoli in a medium microwave-safe bowl with a little water. Cover and cook on High/100% for 2½-3 minutes until just tender.

4 Thread half of the toothpicks with the chicken and broccoli and the other half with prawns and broccoli.

Nutrition info

PER CANAPE 133kJ, **protein** 5g, **total fat** 1g (sat. fat 0g), **carbs** 1g, **fibre** 1g, **sodium** 57mg • **Carb exchanges** 0 • **GI estimate** n/a • **Gluten-free option** • **Lower carb**

GF LC

GRILLED EGGPLANT STACKS

PREP 20 MINS **COOK** 10 MINS
MAKES 20 CANAPE PIECES

1 eggplant
2 Tbsp olive oil
Freshly ground black pepper
Juice of half a lemon
1 Tbsp hummus
1 Tbsp pomegranate seeds
10 small basil leaves
5 cherry tomatoes, halved

1 Cut the eggplant in half lengthways, then cut each half lengthways in two. Slice each quarter into 1cm-thick pieces. Brush the oil over the eggplant pieces and season with pepper.

2 Preheat a chargrill or non-stick frying pan over medium-high heat. Working in batches, grill the eggplant pieces for 2-3 minutes on each side or until cooked through and nicely charred. Transfer to a tray and squeeze over the lemon juice.

3 To serve, top half the chargrilled eggplant stacks with a little of hummus, then sprinkle over the pomegranate seeds. Place the basil leaves and cherry tomato halves on the remaining eggplant stacks.

Nutrition info

PER CANAPE 108kJ, **protein** 0g, **total fat** 2g (sat. fat 0g), **carbs** 1g, **fibre** 1g, **sodium** 7mg • **Carb exchanges** 0 • **GI estimate** n/a • **Gluten free** • **Lower carb**

HEALTH TIP

Eggplant is a good source of fibre, helping to keep you fuller for longer.

GFO LC

CURRIED PARSNIP SOUP SHOTS

PREP 15 MINS **COOK** 25 MINS
MAKES 12 SHOTS

1 Tbsp olive oil
1 brown onion, chopped
2 tsp garam masala or curry powder or gluten-free curry powder
1 clove garlic, grated
Small piece ginger, grated
4 parsnips, sliced
600ml salt-reduced vegetable stock or gluten-free stock

CRISPY KALE TOPPING
50g kale, torn into small pieces
2 tsp olive oil
Pinch ground chillies
Freshly ground black pepper

CRISPY PROSCIUTTO TOPPING
1 slice prosciutto

1 Preheat oven to 160°C (fan-forced). For the crispy kale topping, massage the kale with the oil, ground chillies and a pinch of pepper. Spread over on a baking tray. Roast for 8 minutes or until the kale is crisp.

2 Heat the oil in a small saucepan over medium heat. Add the onion and cook, stirring occasionally, for 6-7 minutes or until soft and lightly coloured. Add the garam masala, garlic and ginger. Cook, stirring, for 1 minute. Add the parsnip and stock to the pan. Cover and bring to the boil. Reduce heat to medium and cook, partially covered, for 15 minutes or until the parsnip is completely soft. Use a hand held blender to blend the parsnip, adding enough water until it reaches your desired thickness. Season with pepper.

3 To make the crispy prosciutto topping, put the prosciutto slice in a dry non-stick frying pan over medium-high heat. Use a metal spatula to keep it flat. Cook for 2-3 minutes or until the prosciutto is crisp. Set aside to cool, then break into six pieces.

4 Divide the soup between 12 shot glasses. Top half with the roasted kale and the other half with the prosciutto.

Nutrition info

PER SHOT 202kJ, **protein** 1g, **total fat** 3g (sat. fat 1g), **carbs** 4g, **fibre** 2g, **sodium** 162mg • **Carb exchanges** ½ • **GI estimate** low • **Gluten-free option** • **Lower carb**

LC

ROASTED SALMON RYE TOASTS

PREP 20 MINS (+ 15 MINS PICKLING)
COOK 10 MINS **MAKES** 32 CANAPE PIECES

120g piece skinless and boneless salmon fillet
Freshly ground black pepper
4 slices (25g each) pumpernickel bread
4 Tbsp light cream cheese

PICKLED CUCUMBER
2.5cm piece Lebanese cucumber
½ tsp toasted coriander seeds
1 Tbsp white wine vinegar
Pinch caster sugar

APPLE & CHILLI SALSA
½ apple, cored, cut into small cubes
¼ red chilli, deseeded, finely chopped
2 tsp white wine vinegar
1 tsp olive oil
Small handful parsley leaves, finely chopped

1 Preheat oven to 180°C (fan-forced). Put the salmon fillet on a piece of foil. Season with pepper. Wrap in the foil and place on a baking tray. Roast for 8 minutes or until the salmon just flakes. Set aside to cool.

2 To make the pickled cucumber, cut the cucumber piece in half lengthways. Scrape out the seeds and discard. Cut in half again, then cut into quarter moons at an angle. Put in a bowl with the coriander, vinegar and a pinch of sugar. Mix well and set aside for at least 15 minutes to pickle.

3 To make the apple & chilli salsa, combine all the ingredients in a bowl. Season with pepper.

4 Toast the bread and cut each slice into eight squares. Spread with the cream cheese. Flake the salmon between the toasts. Top half with the pickled cucumber and half with the salsa.

Nutrition info

PER CANAPE 102kJ, **protein** 1g, **total fat** 1g (sat. fat 1g), **carbs** 2g, **fibre** 0g, **sodium** 34mg • **Carb exchanges** 0 • **GI estimate** n/a • **Lower carb**

GFO LC

STEAK LETTUCE CUPS

PREP 15 MINS **COOK** 10 MINS
MAKES 20 CANAPE PIECES

4 Baby Gem lettuce
200g beef fillet steak, trimmed of fat, at room temperature
2 tsp olive oil
Freshly ground black pepper

CHIMICHURRI
1 Tbsp chopped flat-leaf parsley
2 tsp olive oil
1 small clove garlic, crushed
1 tsp red wine vinegar
Pinch of dried oregano
1 Tbsp water
Freshly ground black pepper

CHILLI & LIME SAUCE
¼ red chilli, finely chopped
Zest and juice of 1 lime
½ tsp fish sauce
1 tsp peanut oil
Pinch caster sugar

1 To make the chimichurri, combine all the ingredients in a small bowl. Set aside.

2 To make the chilli & lime sauce, combine all the ingredients in a small bowl. Set aside.

3 Separate the lettuces so that you have 20 leaves (cups).

4 Preheat a chargrill plate on medium-high. Coat the steak in the oil and season with pepper. Add to the plate and cook for 2-3 minutes each side (depending on the thickness) for medium, or until cooked to your liking. Transfer to a plate, cover loosely with foil and set aside for 10 minutes to rest.

5 Slice the steak across the grain into 20 slices. Place a steak strip into each cup. Top half of the lettuce cups with the chimichurri and the other half with the chilli & lime sauce.

Nutrition info

PER CANAPE 115kJ, **protein** 2g, **total fat** 2g (sat. fat 0g), **carbs** 0g, **fibre** 0g, **sodium** 21mg • **Carb exchanges** 0 • **GI estimate** n/a • **Gluten-free option** • **Lower carb**

RECIPES & PHOTOGRAPHY IMMEDIATE MEDIA; ADDITIONAL INFORMATION ALISON ROBERTS, SHANNON LAVERY (DIETITIAN)

GFO LC

MINI AVO TOASTS

PREP 20 MINS **COOK** 10 MINS
MAKES 24 PIECES (SERVES 12 - 2 PER SERVE; AS A CANAPE)

2 (40g each) small wholemeal tortillas or gluten-free corn tortillas
1 Tbsp olive oil
Splash of white wine vinegar
6 quail's eggs, at room temperature
1 small ripe avocado
Freshly ground black pepper
Juice of half a lemon
50g fresh white crabmeat or drained canned crabmeat
Finely grated zest of ½ lemon
Pinch of smoked paprika
3 radishes, sliced
Few sprigs dill

1 Preheat oven to 180°C (fan-forced). Cut each tortilla into 12 triangles. Brush with the oil and arrange over two baking trays. Bake for 6-8 minutes, turning once, or until crisp. Set aside to cool.

2 Meanwhile, bring a small saucepan of water to the boil and stir in the vinegar. Add the eggs and cook for 2 minutes. Transfer to a bowl of cold water. Once cool, peel the eggs and cut them in half.

3 Mash the avocado and season with pepper and lemon juice. Combine the crabmeat and lemon zest in a small bowl.

4 To serve, divide the avocado between the toasted triangles. Top 12 with an egg half, then sprinkle over the paprika. Top the remaining triangles with the radish and crabmeat. Top with dill sprigs, to serve.

Nutrition info

PER CANAPE (with crab topping)
117kJ**, protein** 1g**, total fat** 2g (sat. fat 0g)**, carbs** 2g**, fibre** 1g**, sodium** 48mg
• **Carb exchanges** 0 • **GI estimate** n/a
• **Gluten-free option** • **Lower carb**

PER CANAPE (with quail egg topping)
127kJ**, protein** 1g**, total fat** 2g (sat. fat 0g)**, carbs** 2g**, fibre** 1g**, sodium** 36mg
• **Carb exchanges** 0 • **GI estimate** n/a
• **Gluten-free option** • **Lower carb** ■

3 WAYS WITH yoghurt

With a tub of yoghurt in the fridge you're never far from a healthy meal

How our food works for you
see page 76

GFO LC

CHILLED CUCUMBER, DILL & YOGHURT SOUP

PREP 10 MINS (+ 4 HOURS CHILLING)
SERVES 4 (AS A LIGHT MEAL)

500g reduced-fat Greek natural yoghurt
2 Lebanese cucumbers
1 clove garlic, sliced
1 small bunch mint, leaves picked
1 small bunch dill, leaves picked
2 Tbsp white wine vinegar
1½ tsp celery seeds, plus a pinch extra, to serve
Ground white pepper
100g reduced-fat feta, finely crumbled
1 Tbsp extra virgin olive oil
4 x 30g slices rye bread or gluten-free bread, to serve

1 Put the yoghurt in a small food processor or blender. Save a finger-length chunk of cucumber for serving, then peel and deseed the remaining cucumber, reserving the seeds.

2 Roughly chop the cucumber and put in the food processor or blender with the garlic, mint, most of the dill, vinegar and celery seeds. Blend until almost smooth. Check the consistency – if it's a little thick, blend in enough of the cucumber seeds to get a thinner consistency. Taste and season with white pepper. Transfer to an airtight container. Cover and put in the fridge to chill for 3-4 hours until well chilled.

3 To serve, finely dice the reserved cucumber. Divide the chilled soup between 4 serving bowls. Scatter some diced cucumber and crumbled feta over each bowl. Top with a little chopped dill, extra celery seeds, and a drizzle of olive oil. Serve with the rye bread.

Nutrition info

PER SERVE 1280kJ, **protein** 19g, **total fat** 12g (sat. fat 5g), **carbs** 26g, **fibre** 6g, **sodium** 601mg • **Carb exchanges** 1½ • **GI estimate** low • **Gluten-free option** • **Lower carb**

GFO

SESAME AND YOGHURT CRUSTED LAMB

PREP 15 MINS (+ OVERNIGHT MARINATING) **COOK** 35 MINS
SERVES 8 (AS A MAIN)

1.5kg boneless, butterflied leg of lamb, trimmed of excess fat
300g low-fat natural yoghurt
4 cloves garlic, crushed
3 Tbsp tahini
1 Tbsp olive oil
2 lemons, 1 zested, both juiced
2 tsp dried oregano
Freshly ground black pepper
4 Tbsp sesame seeds
2 tsp pomegranate molasses
8 pita breads or gluten-free wraps, warmed
1 Lebanese cucumber, thinly sliced
½ small red cabbage, thinly sliced
Harissa paste, to serve (optional)

1 Use a sharp knife to cut slashes into the thickest parts of the underside of the lamb. Mix half of yoghurt with the garlic, 1 tablespoon of the tahini, olive oil, ½ the lemon juice and the oregano in a bowl. Season with pepper. Put the lamb in a shallow dish and pour over the marinade. Turn to coat the lamb in the marinade. Cover and put in the fridge overnight to marinate.

2 Remove the lamb from the fridge an hour before cooking to allow it to come to room temperature. Preheat oven to 180°C (fan-forced).

3 Wipe any excess marinade from the lamb and season with pepper. Sprinkle the lamb with the sesame seeds, then sit it on a wire rack over a roasting tin. Roast for 15 minutes, then lower the oven temperature to 160°C (fan-forced). Cook for a further 15-20 minutes for medium or until cooked to your liking. Cover the lamb with foil and set aside to rest for 15 minutes.

4 Combine the remaining yoghurt, remaining tahini, remaining lemon juice, lemon zest and pomegranate molasses in a bowl. Season with pepper.

5 Thinly carve the lamb and pile into the pita with the cucumber, red cabbage, plenty of tahini yoghurt sauce and a little harissa for heat, if using.

Nutrition info

PER SERVE 2550kJ, **protein** 58g, **total fat** 23g (sat. fat 6g), **carbs** 38g, **fibre** 6g, **sodium** 493mg • **Carb exchanges** 2½ • **GI estimate** medium • **Gluten-free option**

LCO

PER SERVE 2260kJ, **protein** 57g, **total fat** 25g (sat. fat 7g), **carbs** 14g, **fibre** 12g, **sodium** 303mg • **Carb exchanges** 1 • **GI estimate** low • **Lower carb**

LOWER-CARB OPTION
Instead of serving in pita bread, serve in Simson's Pantry Low Carb Super Grains Wrap (1 wrap per serve)

LOWER-CARB OPTION
Swap the bread for 2 Abbotts Light Rye Sandwich Thins (reducing cooking time to 8-10 minutes)

GFO

CHICKEN SALAD WITH YOGHURT ONION DRESSING

PREP 10 MINS **COOK** 25 MINS
SERVES 2 (AS A MAIN)

100g sourdough bread or gluten-free bread, torn into chunky pieces
1 heaped tsp thyme leaves
Freshly ground black pepper
200g roast or chargrilled skinless chicken breast, pulled into chunks (see Cook's tip)
3 Little Gem lettuce hearts, halved lengthways through the bases
1 Tbsp chopped chives, to serve

YOGHURT ONION DRESSING
1 eshalot or ¼ small red onion, grated
125g low-fat natural yoghurt
1 Tbsp malt vinegar or white vinegar for gluten-free option

1 To make the yoghurt onion dressing, place all the ingredients in a small bowl. Whisk to combine. Set aside.

2 Preheat oven to 160°C (fan-forced). Line a tray with baking paper. Place the bread on the lined tray. Spray with cooking spray and scatter over the thyme. Season with pepper. Toss to coat. Roast for 10-15 minutes, turning halfway during cooking, or until the bread is deep golden and crispy. Add the chicken chunks to the tray and cook for 10 minutes, or until heated through.

3 Meanwhile, preheat a chargrill over medium-high heat. Add the halved lettuce, cut-side down and cook for 2-3 minutes or until the lettuce starts to char and begins to wilt.

4 Divide the chicken, croutons and grilled lettuce between serving plates. Drizzle the yoghurt onion dressing over the salad. Sprinkle with the chives and serve.

Nutrition info

PER SERVE 1680kJ, **protein** 41g, **total fat** 11g (sat. fat 2g), **carbs** 30g, **fibre** 5g, **sodium** 355mg • **Carb exchanges** 2 • **GI estimate** low • **Gluten-free option**

LCO

PER SERVE 1610kJ, **protein** 40g, **total fat** 12g (sat. fat 2g), **carbs** 26g, **fibre** 6g, **sodium** 233mg • **Carb exchanges** 1½ • **GI estimate** low ■

Cook's Tip

You can use chicken breast (from a barbecue chicken) for this recipe. Just make sure to remove all the skin and any bones.

RECIPES & PHOTOGRAPHY IMMEDIATE MEDIA; ADDITIONAL INFORMATION ALISON ROBERTS, SHANNON LAVERY (DIETITIAN)

Egg fried noodles
Recipe, page 50

Butternut korma with mini naans
Recipe, page 50

Whether you're vegetarian or simply want to eat less meat each week, these recipes will suit kids and grown-ups

How our food works for you
see page 76

Meat-free meals

GFO

ROASTED CAULIFLOWER CHEESE PIZZA

PREP 10 MINS **COOK** 1 HOUR 5 MINS **SERVES** 4 (AS A MAIN)

1 Tbsp olive oil
1 clove garlic, crushed
700g cauliflower, trimmed and broken into small florets, stalk chopped
4 Tbsp mascarpone
Freshly ground black pepper
1 x 12 inch Tip Top Wholemeal Pizza Base or gluten-free pizza base
50g piece parmesan, finely grated

1 Preheat oven to 180°C (fan-forced). Line a baking tray with baking paper.

2 Combine the oil and garlic in a large bowl. Add the cauliflower and toss to combine. Tip onto the lined tray. Roast for 30-45 minutes or until the edges have browned a little and the cauliflower is tender.

3 Spread half the mascarpone on the pizza base and season well with pepper. Scatter over the cauliflower and dot over the remaining mascarpone. Sprinkle with the parmesan. Bake for 20 minutes. Set aside for 5 minutes to cool before serving.

Nutrition info

PER SERVE 1570kJ, **protein** 13g, **total fat** 21g (sat. fat 9g), **carbs** 31g, **fibre** 6g, **sodium** 604mg • **Carb exchanges** 2 • **GI estimate** medium • **Gluten-free option**

Vegie bolognese
Recipe, page 49

GFO

VEGIE FAJITAS

PREP 10 MINS **SERVES** 4 (AS A MAIN)

250g marinated chargrilled vegetables, drained and sliced
2 x 420g cans no-added-salt pinto beans, drained and rinsed
200g purchased tomato salsa or gluten-free salsa
Zest and juice of 2 limes
1 Tbsp red wine vinegar
Hot sauce, to taste, plus extra, to serve
Small bunch coriander, chopped, plus extra, chopped, to serve
2 small ripe avocadoes, stone removed, finely chopped
1 small clove garlic, finely grated
Freshly ground black pepper
8 mini (25g each) tortillas or gluten-free corn tortillas
100g fat-free Greek yoghurt, to serve
Salad leaves, to serve (optional)

1 To make the fajita mix, tip the marinated vegetables into a bowl with the pinto beans. Stir in 2 Tbsp salsa, half the lime zest and juice, the vinegar, hot sauce and half the coriander. Set the mixture aside.

2 Put the avocado in a medium bowl with the remaining lime zest and juice and the garlic. Use a fork to roughly mash everything together. Season with pepper. Stir through the remaining coriander.

3 Spread the crushed avocado mixture over the tortillas. Top with the fajita mix, remaining salsa, yoghurt, extra hot sauce and extra coriander. Serve with salad leaves, if you like.

Nutrition info

PER SERVE 1960kJ, **protein** 17g, **total fat** 13g (sat. fat 4g), **carbs** 62g, **fibre** 17g, **sodium** 663mg • **Carb exchanges** 4 • **GI estimate** low • **Gluten-free option**

Eaing less meat is good for you and good for the planet and it's easy with these family-friendly recipes

VEGIE BOLOGNESE

PREP 15 MINS **COOK** 40 MINS
SERVES 4 (AS A MAIN)

2 Tbsp olive oil
1 brown onion, finely chopped
2 carrots, very finely chopped
2 stalks celery, very finely chopped
1 clove garlic, crushed
350g frozen Quorn mince (do not defrost)
1 bay leaf
500ml (2 cups) passata
1 salt-reduced vegetable stock cube
200ml boiling water
100ml milk
Freshly ground black pepper
Small bunch basil, chopped
250g dried spaghetti, cooked following packet directions
2 Tbsp grated parmesan or parmesan shavings, to serve

1 Heat the oil in a medium saucepan over medium heat. Add the onion, carrots and celery and cook, stirring occasionally, for 6-7 minutes. Stir in the garlic and the Quorn. Cook, stirring, for 3 minutes. Add the bay leaf, passata, vegetable stock cube and water to the pan. Cover and bring to the boil.

2 Reduce heat to medium-low and simmer, uncovered, for 30 minutes or until the vegetables are tender and breaking down to become part of the sauce. Add the milk to the pan. Cover and simmer for 10 minutes. Season with pepper. If the sauce is a bit thin, keep simmering until it thickens.

3 Stir the basil into the sauce. Serve with the pasta and top with the parmesan.

Nutrition info

PER SERVE 2030kJ, **protein** 26g, **total fat** 13g (sat. fat 3g), **carbs** 57g, fibre 14g, **sodium** 583mg
• **Carb exchanges** 4
• **GI estimate** low

LC

PER SERVE 1360kJ, **protein** 26g, **total fat** 14g (sat. fat 4g), **carbs** 16g, **fibre** 16g, **sodium** 583mg
• **Carb exchanges** 1 • **GI estimate** low • **Lower carb**

Cook's Tip

You can freeze any leftover portions for up to 3 months. Defrost and reheat before serving.

BUTTERNUT KORMA WITH MINI NAANS

PREP 10 MINS **COOK** 50 MINS
SERVES 4 (AS A MAIN)

700g peeled, deseeded and chopped butternut pumpkin
2 tsp olive oil
1 brown onion, chopped
2 cloves garlic, crushed
3cm piece ginger, grated
260ml water
80g korma paste
50g almond meal
250ml (1 cup) salt-reduced vegetable stock
150ml light thickened cream
Freshly ground black pepper
10g toasted flaked almonds
100g (½ cup) basmati rice, cooked following packet directions
2 small (48g) naan bread, heated, cut in half, to serve

1 Preheat oven to 180°C (fan-forced). Line a roasting tin with baking paper. Add the pumpkin and oil to the tin and toss to combine. Roast for 30 minutes or until the cubes are browned at the edges.

2 Put the onion, garlic and ginger in a small food processor and blitz to a paste. Put the onion mixture and 60ml (¼ cup) water in a large deep non-stick frying pan. Cook, stirring, over medium heat for 5 minutes. Add the korma paste and cook, stirring, for a further 2 minutes or until aromatic. Add the almond meal, stock and remaining water and bring to a simmer.

3 Add the roasted pumpkin to the pan and simmer, stirring occasionally, for 10 minutes. Stir in the cream and season with pepper. Scatter over the flaked almonds and serve with the rice and naans.

Nutrition info

PER SERVE 2070kJ, **protein** 12g, **total fat** 26g (sat. fat 8g), **carbs** 50g, **fibre** 8g, **sodium** 693mg
• **Carb exchanges** 3½
• **GI estimate** medium

GFO

EGG FRIED NOODLES

PREP 10 MINS **COOK** 10 MINS
SERVES 4 (AS A MAIN)

2 Tbsp olive oil
300g button mushrooms, sliced
½ tsp smoked paprika
2 tsp salt-reduced soy sauce or gluten-free sauce
250g dried egg noodles or gluten-free noodles
350g broccoli, broken into small florets
50g frozen peas
3 x 60g eggs, lightly whisked
2 green shallots, diagonally sliced

1 Heat the oil in a large non-stick frying pan over medium-high heat. Add the mushrooms and cook, stirring often, for 4-5 minutes or until the mushrooms are soft. Stir in the paprika and soy sauce.

2 Meanwhile, cook the noodles in a saucepan of boiling water following pack instructions. Steam or microwave the broccoli until just tender.

3 Put the mushrooms, broccoli and peas in a large bowl with the egg. Add the noodles with some of the water still clinging to them. Transfer everything from the bowl to the frying pan and cook, tossing, over medium heat for 2 minutes or until the egg is set and the mixture is heated through. Sprinkle over the green shallots and serve.

Nutrition info

PER SERVE 1540kJ, **protein** 19g, **total fat** 14g (sat. fat 3g), **carbs** 37g, **fibre** 7g, **sodium** 239mg
• **Carb exchanges** 2½
• **GI estimate** low
• **Gluten-free option**

RECIPES & PHOTOGRAPHY IMMEDIATE MEDIA;
ADDITIONAL INFORMATION ALISON ROBERTS, SHANNON LAVERY (DIETITIAN)

GFO

SPINACH BALL LASAGNE

PREP 20 MINS (+ 30 MINS CHILLING)
COOK 45 MINS **SERVES** 4 (AS A MAIN)

1 Tbsp light margarine
300g frozen spinach, defrosted, excess moisture squeezed out
Pinch ground nutmeg
1 clove garlic, crushed
100g fresh white breadcrumbs or gluten-free breadcrumbs
40g (⅓ cup) parmesan, grated, plus 20g extra, to serve
60g egg , lightly whisked
1 Tbsp olive oil
100g Leggo's Basil Pesto
6 dried wholemeal lasagne sheets or gluten-free lasagne sheets
Small basil leaves , to serve (optional)

WHITE SAUCE
50g light margarine
50g (⅓ cup) plain flour or gluten-free flour
500ml (2 cups) skim milk

1 To make the white sauce, melt the margarine in a medium saucepan over medium heat. Stir in the flour. Cook, stirring, for 2 minutes. Remove the pan from the heat and gradually whisk in the milk. Return the pan to medium heat and cook, stirring, for 5-10 minutes or until the sauce thickens. Remove the pan from the heat and set aside to cool.

2 To make the spinach balls, melt the margarine in a small non-stick frying pan over medium heat. Add the spinach and cook, stirring, until it warms through. Stir in the nutmeg and garlic. Cook, stirring, for 1 minute. Remove the pan from the heat and stir in the breadcrumbs and parmesan. Transfer the mixture to a bowl and stir in the egg to form a stiff paste. Use wet hands to roll the mixture into 18 balls. Place them on a baking tray and place in the fridge for 30 minutes to chill.

3 Preheat oven to 170°C (fan-forced). Heat the oil in a large non-stick frying pan over medium heat. Add the spinach balls and cook for 3-4 minutes or until lightly browned. Spoon some of the white sauce over the base of a medium baking dish. Top with six of the spinach balls. Drizzle over 2 teaspoons of the pesto, then place over half of the lasagne sheets, overlapping slightly. Top with a little more white sauce, six more spinach balls and a little more pesto. Place the remaining lasagne sheets on top and cover with the remaining white sauce. Sprinkle over the remaining spinach balls. Drizzle over more pesto and sprinkle over the extra parmesan.

4 Bake for 30 minutes or until the lasagne sheets are cooked through. Scatter with basil leaves, if you like.

Nutrition info

PER SERVE 2100kJ, **protein** 22g, **total fat** 18g (sat. fat 6g), **carbs** 63g, **fibre** 9g, **sodium** 523mg • **Carb exchanges** 4 • **GI estimate** low • **Gluten-free option** ■

SALAD DAYS

Enjoy potato salads this summer with these delicious lower-carb recipes

How our food works for you
see page 76

Herb and garlic potato salad
Recipe, page 54

Sriracha & lime potato salad

Recipe, page 54

GF LC

HERB AND GARLIC POTATO SALAD

PREP 10 MINS **COOK** 30 MINS
SERVES 10 (AS A SIDE)

1 large bunch basil
1kg baby Carisma Potatoes, unpeeled, halved if large
100ml extra virgin olive oil
2 Tbsp white wine vinegar
1 small clove garlic
Freshly ground black pepper
1 large bunch flat-leaf parsley

1 Bring a large saucepan of water to the boil. Add the basil to the water for 20-30 seconds or until the basil just wilts. Use a large slotted spoon to remove the basil from the saucepan. Set aside. Add the potatoes to the boiling water and cook for 15 minutes, or until tender.

2 Meanwhile, squeeze out the basil over the sink. Put the basil in a small blender or food processor with the oil, vinegar, garlic and pepper. Blend until you have a vibrant green oil.

3 Drain and steam-dry the potatoes. Chop the parsley and place in a large serving bowl with the potatoes. Toss in the basil oil until well coated.

Nutrition info

PER SERVE 545kJ, **protein** 3g, **total fat** 10g (sat. fat 2g), **carbs** 10g, **fibre** 2g, **sodium** 17mg • **Carb exchanges** ½ • **GI estimate** low • **Gluten free** • **Lower carb**

For a complete meal, serve your favourite potato salad with grilled fish, steak or chicken and a leafy green salad

GFO

SRIRACHA & LIME POTATO SALAD

PREP 10 MINS **COOK** 25 MINS
SERVES 6 (AS A SIDE)

750g baby Carisma Potatoes, unpeeled, halved if large
⅓ cup 97% fat-free mayonnaise or gluten-free mayonnaise
⅓ cup light sour cream
2 Tbsp sriracha
Zest and juice of 1 lime
1 tsp honey
6 green shallots, finely sliced
½ small bunch coriander, finely chopped
Freshly ground black pepper
Pinch chilli flakes (optional)

1 Place the potatoes in a large saucepan of cold water. Cover and bring to the boil over high heat. Reduce heat to medium and simmer, partially covered, for 10-15 minutes or until just tender. Drain and set aside to cool completely.

2 Meanwhile, whisk the mayonnaise, sour cream, sriracha, lime zest and juice, honey, half the green shallots and most of the coriander. Season with pepper.

3 Toss the cooled potatoes with the sriracha mayonnaise mixture until all the potatoes are coated. Transfer to a serving bowl and scatter over the remaining green shallots, remaining coriander, and chilli flakes, if using.

Nutrition info

PER SERVE 509kJ, **protein** 4g, **total fat** 5g (sat. fat 2g), **carbs** 21g, **fibre** 3g, **sodium** 259mg • **Carb exchanges** 1½ • **GI estimate** low • **Gluten-free option**

RECIPES & PHOTOGRAPHY IMMEDIATE MEDIA; ADDITIONAL INFORMATION ALISON ROBERTS, SHANNON LAVERY (DIETITIAN)

Cook's Tip

For all recipes, keep in an airtight container in the fridge for up to 2 days.

GFO

NEXT-LEVEL POTATO SALAD

PREP 10 MINS **COOK** 25 MINS
SERVES 6 (AS A SIDE)

800g Carisma Potatoes, unpeeled
2 tsp wholegrain mustard or gluten-free mustard
2 Tbsp white wine vinegar
60ml (¼ cup) olive oil
1 eschalot, finely chopped
Freshly ground black pepper
3 Tbsp 97% fat-free mayonnaise or gluten-free mayonnaise
2 Tbsp light sour cream
1 Tbsp horseradish cream
Juice of ¼ lemon
2 green shallots, finely sliced
Handful of crispy fried onions

1 Place the potatoes in a large saucepan of cold water. Cover and bring to the boil over high heat. Reduce heat to medium and cook, partially covered, for 15 minutes or until just tender.

2 Meanwhile, whisk the mustard, vinegar, oil and eschalot in a large bowl. Season with pepper.

3 When the potatoes are cool enough to handle, cut into bite-sized chunks if large. Add the potatoes to the mustard mixture and toss until completely coated. Set aside to cool completely.

4 Whisk the mayonnaise, sour cream, horseradish cream and lemon juice in a small bowl.

5 When the potatoes are cool, add the mayonnaise mixture with the green shallots and toss to combine.

6 Spoon the potato salad onto a serving plate. Scatter with the crispy onions, just before serving.

Nutrition info

PER SERVE 771kJ, **protein** 4g, **total fat** 13g (sat. fat 3g), **carbs** 18g, **fibre** 3g, **sodium** 191mg • **Carb exchanges** 1 • **GI estimate** low • **Gluten-free option** ■

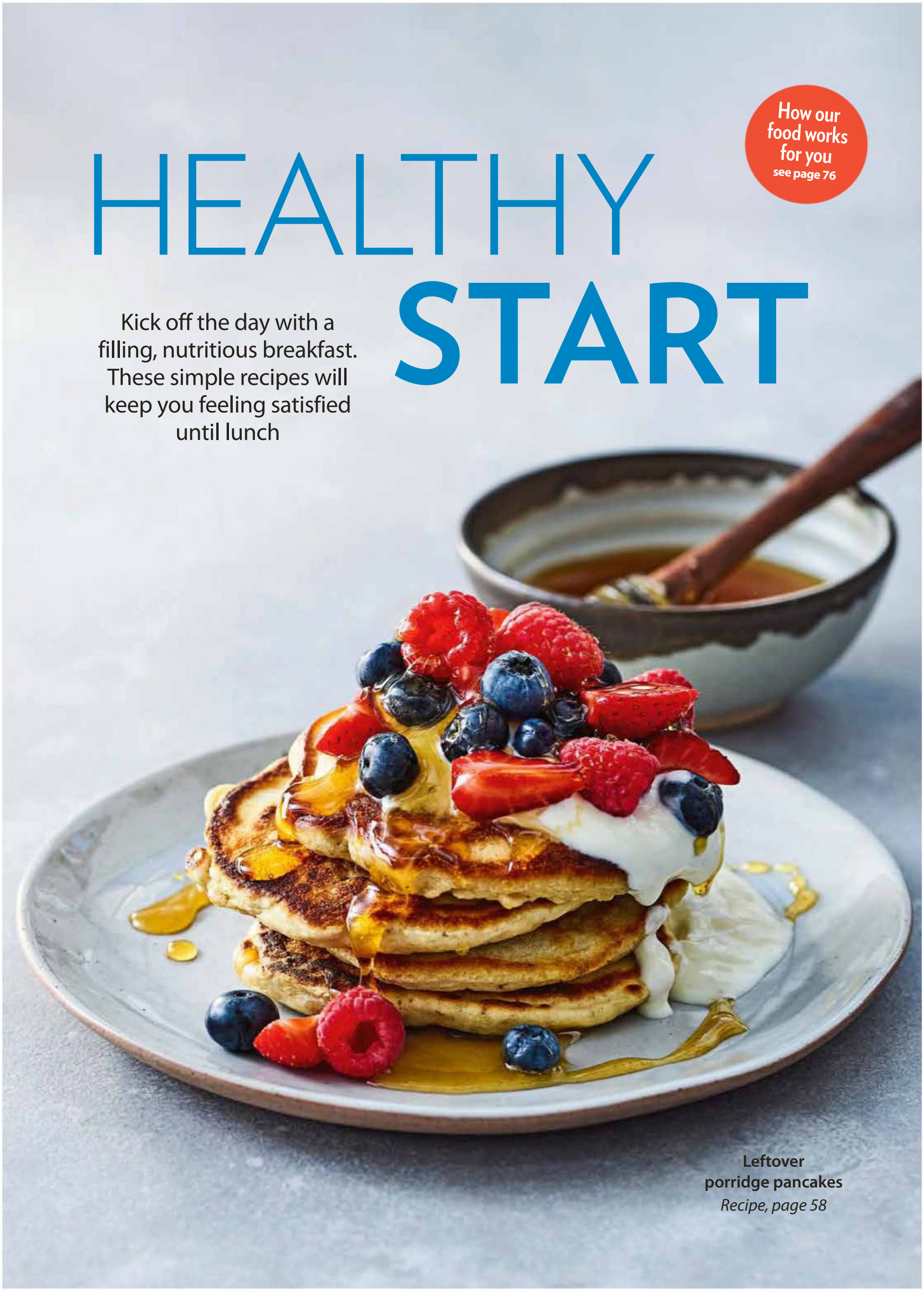
LOWER-CARB OPTION
Replace the naan with Simson's Pantry Low carb super grain wraps.

Breakfast naan
Recipe, page 60

HEALTHY START

Kick off the day with a filling, nutritious breakfast. These simple recipes will keep you feeling satisfied until lunch

How our food works for you
see page 76



Leftover porridge pancakes
Recipe, page 58

LEFTOVER PORRIDGE PANCAKES

PREP 10 MINS **COOK** 20 MINS
SERVES 4 (AS A BREAKFAST)

150g cold leftover porridge
150g (1 cup) self-raising flour
2 tsp baking powder
1 ripe banana, mashed
2 x 60g eggs
100ml skim milk
400g mixed berries, to serve
4 Tbsp reduced-fat Greek natural yoghurt, to serve
2 tsp honey, to serve

1 Combine the porridge, flour, baking powder, banana, eggs and milk in a bowl.

2 Spray a large non-stick frying pan with cooking spray. Heat over medium heat. Drop 2-3 tablespoons of the porridge mixture into the pan. Cook for 2-3 minutes or until the underside is golden and bubbles are popping on the surface. Flip over and cook for a further 1-2 minutes or until cooked through. Transfer to a plate and cover with foil to keep warm (alternatively you can keep warm in a low oven). Repeat with the remaining batter.

3 Serve the pancakes with the berries and yoghurt. Drizzle with a little honey.

Nutrition info

PER SERVE 1340kJ, **protein** 13g, **total fat** 6g (sat. fat 2g), **carbs** 49g, **fibre** 5g, **sodium** 526mg • **Carb exchanges** 3½ • **GI estimate** medium

GFO

MEXICAN BEANS & AVOCADO ON TOAST

PREP 15 MINS **COOK** 10 MINS
SERVES 2 (AS A BREAKFAST)

130g cherry tomatoes, quartered
Juice of a quarter of a lime
½ red or white onion, finely chopped
2 tsp olive oil
1 clove garlic, crushed
½ tsp ground cumin
1 tsp chipotle sauce or pinch chilli flakes
1 x 420g cans no-added-salt black beans, drained and rinsed
Freshly ground black pepper
½ small bunch coriander, chopped
2 slices sourdough or low-GI white bread or gluten-free bread
½ avocado, finely sliced

1 Combine the tomatoes, lime juice, ¼ onion and ½ teaspoon of the oil in a bowl. Set aside.

2 Heat the remaining oil in a small non-stick frying pan over medium heat. Add the remaining onion and cook, stirring occasionally, for 4-5 minutes or until the onion starts to soften. Add the garlic and cook, stirring, for 1 minute. Add the cumin and chipotle sauce to the pan. Cook, stirring, for 1 minute. Add the beans and a splash of water to the pan. Cook, stirring, until heated through. Stir in most of the tomato mixture and cook, stirring, for 1 minute. Season with pepper. Stir in most of the coriander.

3 Toast the bread. Put a slice of toast on each plate and pile some beans on top. Arrange some slices of avocado on top, then sprinkle with the remaining tomato mixture and remaining coriander leaves.

Nutrition info

PER SERVE 1470kJ, **protein** 15g, **total fat** 12g (sat. fat 2g), **carbs** 40g, **fibre** 12g, **sodium** 226mg • **Carb exchanges** 2½ • **GI estimate** low • **Gluten-free option**

GF

CHICKPEA, RED PEPPER, EGG & FETA HASH

PREP 10 MINS **COOK** 25 MINS **SERVES** 2 (AS A BREAKFAST)

1 Tbsp olive oil
1 brown onion, halved and sliced
420g can no added salt chickpeas, drained
1½ tsp cumin seeds
150g roasted red peppers from a jar in vinegar, torn into chunks
Freshly ground black pepper
4 x 60g eggs, at room temperature
40g reduced-fat feta, crumbled
Zest of half a lemon
Small handful mint leaves, chopped

1 Heat the oil in a medium non-stick frying pan over medium heat. Add the onion and cook, stirring occasionally, for 12-15 minutes or until starting to caramelise. Add the chickpeas, cumin and peppers. Season with pepper. Cook for 2-3 minutes or until heated through.

2 Create spaces in the frying pan for each of the eggs. Crack the eggs into the pan, then cover and cook for 2-3 minutes or until the eggs are cooked to your liking.

3 Scatter over the feta, lemon zest and mint.

Nutrition info

PER SERVE 2130kJ, **protein** 31g, **total fat** 26g (sat. fat 8g), **carbs** 35g, **fibre** 9g, **sodium** 599mg • **Carb exchanges** 2½ • **GI estimate** low • **Gluten free**

GF

AVOCADO & STRAWBERRY SMOOTHIE

PREP 5 MINS **SERVES** 1 (AS A BREAKFAST)

½ avocado, stone removed, peeled and cut into chunks
150g strawberries, halved
4 Tbsp low-fat natural yoghurt
200ml skim milk
Lemon or lime juice, to taste
1-2 tsp honey, to taste

1 Put all the ingredients in a blender and blend until smooth. If the consistency is too thick, add a little water.

2 Pour the smoothie into a serving glass. Serve immediately.

Nutrition info

PER SERVE 1340kJ, **protein** 15g, **total fat** 11g (sat. fat 2g), **carbs** 34g, **fibre** 10g, **sodium** 157mg • **Carb exchanges** 2½ • **GI estimate** low • **Gluten free**

BREAKFAST NAAN

PREP 10 MINS **COOK** 10 MINS
SERVES 2 (AS A BREAKFAST)

2 small (48g each) naan breads
2 tsp olive oil
2 x 60g eggs
3 Tbsp reduced-fat cream cheese
2 Tbsp mango chutney
1 small avocado, halved, thinly sliced
1 green chilli, thinly sliced
Small handful coriander, leaves picked
Freshly ground black pepper
Juice of half a lime

1 Preheat oven to 180°C (fan-forced).

2 Wrap the naans in foil and place in the oven to warm through.

3 Meanwhile, heat the oil in a medium non-stick frying pan over medium heat. Add the eggs and cook for 3-4 minutes or until cooked to your liking.

4 Spread the warm naans with the cream cheese and then drizzle with the chutney. Add a fried egg to each naan. Top with the avocado, chilli and coriander. Season with pepper and drizzle over the lime juice, to serve.

Nutrition info

PER SERVE 1910kJ, **protein** 14g, **total fat** 28g (sat. fat 8g), **carbs** 33g, **fibre** 7g, **sodium** 698mg • **Carb exchanges** 2 • **GI estimate** medium

LC

PER SERVE 1780kJ, **protein** 17g, **total fat** 27g (sat. fat 9g), **carbs** 22g, **fibre** 14g, **sodium** 506mg • **Carb exchanges** 1½ • **GI estimate** low • **Lower carb**

RECIPES & PHOTOGRAPHY IMMEDIATE MEDIA; • ADDITIONAL INFORMATION ALISON ROBERTS, SHANNON LAVERY (DIETITIAN)

HOMEMADE MUESLI WITH OATS, DATES & BERRIES

PREP 10 MINS **COOK** 10 MINS
SERVES 4 (AS A BREAKFAST)

100g rolled oats
12 pecan nuts, broken into pieces
2 Tbsp sunflower seeds
6 pitted Medjool dates, snipped into pieces
25g Macro Organic Puffed Multigrain Blend
520g (2 cups) Jalna Fat Free Bio Dynamic Yoghurt
300g mixed berries (such as raspberries, strawberries and blueberries)
Generous sprinkling of ground cinnamon (optional)

1 Put the oats into a medium non-stick frying pan. Cook, stirring frequently, over medium heat for 2-3 minutes or until they are just starting to toast. Add the pecans and sunflower seeds to warm briefly. Tip into a large bowl and toss so they cool quickly.

2 Add the dates and puffed wheat to the oat mixture. Toss until well combined. Divide the oat mixture between serving bowls. Top with the yoghurt, fruit and a sprinkling of cinnamon, if you like.

Nutrition info

PER SERVE 1520kJ, **protein** 12g, **total fat** 9g (sat. fat 1g), **carbs** 58g, **fibre** 8g, **sodium** 131mg • **Carb exchanges** 4 • **GI estimate** low ■

Cook's Tip

You can just serve one or two portions of the muesli at a time. Just keep the remaining muesli in an airtight container for up to 2 weeks.

Banana bread
Recipe, page 65

How our food works for you
see page 76

comfort & JOY

Skip the storebought gifts and bake a sweet treat

Carrot cake muffins
Recipe, page 65

MUESLI & HONEY BISCUITS

PREP 10 MINS (+ 20 MINS RESTING)
COOK 15 MINS **MAKES** 20 (1 PER SERVE; AS A SNACK)

250g no added sugar natural muesli with dried fruit and nuts
80g (½ cup) self-raising wholemeal flour
½ tsp mixed spice
70ml olive oil
100g honey
60g egg

1 Line two baking trays with baking paper. Put the muesli, flour and mixed spice in a large bowl and stir to combine. Put the oil, honey and egg in a jug and whisk to combine. Pour the honey mixture into the bowl with the dry ingredients and stir until well-combined. Set aside for 20 minutes to rest.

2 Preheat oven to 150°C (fan-forced). Roll spoonfuls of the mixture into 20 balls. Arrange the balls on the trays, spaced well apart – you may need to rinse your hands every so often as the mixture gets sticky, and press the balls together quite firmly so they don't fall apart. Flatten each ball slightly using the back of a spoon or your fingers.

3 Bake biscuits for 10-12 minutes, or until golden and firm. Set aside for 5 minutes on the trays, then transfer to a wire rack to cool completely.

Nutrition info

PER SERVE 477kJ, **protein** 2g, **total fat** 5g (sat. fat 1g), **carbs** 14g, **fibre** 1g, **sodium** 39mg • **Carb exchanges** 1 • **GI estimate** medium

Cook's Tip

Keep the biscuits in an airtight container for up to 4 days.

BANANA BREAD

PREP 15 MINS **COOK** 55 MINS
SERVES 16 (AS A SNACK)

2 Tbsp chia seeds
80ml (⅓ cup) water
215g (1⅓ cups) wholemeal self-raising flour
1 tsp ground cinnamon
1 tsp bicarbonate of soda
100g maple syrup
80ml (⅓ cup) olive oil
3 bananas, 2 mashed, 1 left whole
3 Tbsp skim milk
1 tsp vanilla extract
65g (¾ cup) desiccated or shredded coconut

1 Preheat oven to 160°C (fan-forced). Spray a 23cm x 13cm x 7cm loaf tin with cooking spray. Line the tin with baking paper, allowing the paper to overhang the sides.

2 Put the chia seeds in a small bowl with the water. Stir and set aside for 5 minutes to thicken. Combine the flour, cinnamon and bicarbonate of soda in a medium bowl.

3 Reserve 1 Tbsp of the maple syrup and put the remaining syrup in a large bowl with the oil. Whisk together. Add the chia seed mixture and whisk again until combined. Add the mashed bananas, milk and vanilla extract. Whisk to combine.

4 Add the flour mixture to the banana mixture and use a spatula to fold in the flour mixture – be careful not to over-mix, a few lumps are fine. Add the coconut and fold in until just combined.

5 Pour the batter into the loaf tin and spoon the surface. Thickly slice the remaining banana lengthwise and arrange on the top. Brush with the remaining maple syrup then bake for 50-55 minutes. The top of the loaf should be deeply golden and a skewer inserted into the middle should come out clean. Set the banana bread aside in the tin for 10 minutes. Use the baking paper to lift the loaf onto a wire rack to cool before slicing.

COOK'S TIPS Keep in an airtight container for up to 3 days in the fridge. Alternatively, wrap individual pieces in plastic wrap. Place in a resealable plastic bag in the freezer for up to 2 months. Best warmed on serving.

Nutrition info

PER SERVE 669kJ, **protein** 2g, **total fat** 8g (sat. fat 3g), **carbs** 17g, **fibre** 3g, **sodium** 171mg • **Carb exchanges** 1 • **GI estimate** high

CARROT CAKE MUFFINS

PREP 15 MINS (+ 3½ HOURS CHILLING) **COOK** 25 MINS
MAKES 12 (1 PER SERVE AS A SNACK)

FROSTING
200g thick reduced-fat Greek natural yoghurt
1 Tbsp maple syrup
¼ tsp vanilla extract

MUFFINS
3 x 60g eggs
100g thick reduced-fat Greek natural yoghurt
150ml maple syrup
50ml skim milk
1 tsp vanilla extract
200g (1⅓ cups) wholemeal self-raising flour
1½ tsp mixed spice
1 tsp baking powder
200g carrots, grated
75g raisins, tossed in a pinch of flour
Grated zest of 2 oranges

1 A few hours before starting the muffins, make the frosting. Put a colander over a medium bowl and line with some cheesecloth or muslin. Add the yoghurt, cover, chill and leave to strain for 2-3 hours (you should be left with a clear-ish liquid in the lower bowl and the yoghurt should be firmer).

2 When you're ready to start baking, preheat oven to 160°C (fan-forced).

3 To make the muffins, put the eggs, yoghurt, maple syrup, milk and vanilla extract in a bowl. Whisk together until smooth. Combine the flour, mixed spice and baking powder in a bowl. Add to the wet ingredients, folding until just combined. Add the carrots, raisins and half the orange zest, and fold through.

4 Line a 12-hole 80ml (⅓ cup) muffin tin with muffin cases. Spray with cooking spray. Divide the batter evenly between the muffin cases. Bake for 20-22 minutes or until risen and firm to the touch. Remove from the oven and set aside to cool completely.

5 While the muffins are cooling, transfer the strained yoghurt to a small bowl. Stir in the maple syrup and vanilla extract. Stir together and place in the fridge for a further 30 minutes to chill. Once the muffins are ready, top each with some of the frosting and the remaining orange zest to serve.

COOK'S TIP Keep in an airtight container for up to 3 days.

Nutrition info

PER SERVE 690kJ, **protein** 6g, **total fat** 2g (sat. fat 1g), **carbs** 29g, **fibre** 3g, **sodium** 198mg • **Carb exchanges** 2 • **GI estimate** high ■

RECIPES & PHOTOGRAPHY IMMEDIATE MEDIA;
ADDITIONAL INFORMATION ALISON ROBERTS, SHANNON LAVERY (DIETITIAN)

Cherry jelly with sour cherry almond biscotti

Recipe, page 71

Cook's Tip

Leftover biscotti will keep in an airtight container for up to 2 weeks.

Summer celebrations are always merry when you serve these

SWEET SENSATIONS

Strawberry rose mille feuille
Recipe, page 68

How our food works for you
see page 76

STRAWBERRY ROSE MILLE FEUILLE

PREP 20 MINS (+ CHILLING)
COOK 15 MINS **SERVES** 4 (AS AN OCCASIONAL DESSERT)
START THIS RECIPE THE DAY BEFORE SERVING

300g (1¼ cups) fat-free natural yoghurt
½ tsp rosewater
2 sheets chilled filo pastry
3 Tbsp honey
1 Tbsp hot water
60g raspberries, mashed with a fork
160g strawberries, thinly sliced
2 Tbsp flaked almonds, toasted (see Cook's tip below)
2 tsp icing sugar, sifted

1 Combine the yoghurt and rosewater in a medium bowl. Spoon the mixture into a strainer lined with muslin over a large bowl. Gather the muslin over the yoghurt and secure with an elastic band. Place in the fridge overnight in the strainer to drain.

2 Preheat oven to 180°C (fan-forced). Line an oven tray with baking paper. Combine 1 Tbsp honey and hot water in a small bowl, set aside to cool slightly.

3 Stack the pastry sheets together, brushing between each layer with the combined honey and water. Cut in half lengthways to make a long rectangle and stack again, brushing between each layer with a little honey/water mixture. Cut the pastry into 12 (3cm x 14cm) rectangles. Arrange on the lined tray. Bake for 12 minutes or until golden and crisp. Set aside to cool.

4 Place the strained yoghurt, raspberries and 1 tablespoon of the remaining honey in a medium bowl. Stir to combine.

5 Place one pastry rectangle on each of four serving plates. Top with a little of the yoghurt mixture, then some of the strawberries. Repeat layering two more times, finishing with yoghurt mixture and strawberries.

6 Sprinkle each stack with almonds and drizzle with remaining honey. Dust with sifted icing sugar to serve and accompany with any remaining yoghurt and strawberries.

COOK'S TIPS Pastry and yoghurt can be prepared up to 3 days ahead. Store pastry in an airtight container at room temperature and yoghurt in the fridge. Assemble just before serving.

› To toast almonds, cook, stirring, in a small non-stick frying pan over medium heat for 2-3 minutes or until golden.

Nutrition info

PER SERVE 762kJ, **protein** 6g, **total fat** 3g (sat. fat 0g), **carbs** 31g, **fibre** 2g, **sodium** 111mg • **Carb exchanges** 2 • **GI estimate** medium

FRUITS OF THE FOREST COOKIE "PIZZA"

PREP 20 MINS **COOK** 15 MINS
SERVES 8 (AS AN OCCASIONAL DESSERT)

70g (¾cup) rolled oats
30g (¼ cup) almond meal
30g (¼ cup) Dutch-processed cocoa
½ tsp baking powder
30g unsalted butter, melted
60ml (¼ cup) pure maple syrup
1½ Tbsp light sour cream
60g egg
1 egg white (from 60g egg)
140g (½ cup) natural yoghurt
2 tsp vanilla bean paste
20g dark chocolate (70% cocoa), melted (see Cook's tip)
150g **(1 cup) fresh cherries, pitted**
75g (½ cup) blueberries
75g (½ cup) fresh or frozen blackberries
Small mint leaves, to serve

1 Preheat oven to 160°C (fan-forced). Grease and line a 22cm loose-based tart tin.

2 Pulse the oats in a small food processor until they resemble flour. Transfer to a large bowl. Sift in the almond meal, cocoa and baking powder.

3 Place the butter, maple syrup, sour cream, egg and eggwhite in a medium bowl. Whisk until well combined. Fold the egg mixture into the oat mixture until combined. Transfer mixture to the lined tin.

4 Spread the oat mixture over the base of the tin, creating a 2cm rim up side of tin to form a 'crust' around the edge. Bake for 15 minutes or until firm and dry. Set aside to cool completely in the tin.

5 Meanwhile, mix the yoghurt and vanilla bean paste in a small bowl until combined. Place in the fridge until required.

6 Remove the cookie base from the tin and spread with the yoghurt mixture. Arrange the cherries and berries on the top. Drizzle with the melted chocolate and sprinkle with the mint leaves.

Nutrition info

PER SERVE 788kJ, **protein** 6g, total **fat** 10g (sat. fat 4g), **carbs** 18g, **fibre** 3g, **sodium** 58mg • **Carb exchanges** 1 • **GI estimate** low

COOK'S TIP To melt the chocolate, place the broken pieces in a microwave-safe bowl. Microwave it using short bursts of low power (50%). Check every 10-20 seconds by pressing with a spatula – it could be melted even though it's retained its shape.

› For stove top, stir broken chocolate in a small heatproof bowl over a small saucepan of simmering water (don't let water touch base of bowl) until just melted.

HEALTH TIP

Oats are rich in soluble fibre, which helps to slow the absorption of glucose. Steer clear, however, of instant oats, as these have a higher GI. Instead, opt for traditional or steel-cut oats.

Cook's Tips

Have all the ingredients at room temperature before you begin. The strawberry mixture and gelatine should be the same temperature when combining. The recipe can be made up to2 days ahead. Keep, covered, in the fridge.

CHERRY JELLY WITH SOUR CHERRY ALMOND BISCOTTI

PREP 20 MINS (+ 5 HOURS CHILLING & COOLING) **COOK** 1 HOUR
SERVES 4 (AS A DESSERT)

200g cherries, pitted, halved
500ml (2 cups) Ocean Spray Low Sugar Cranberry Classic Juice
60ml (¼ cup) boiling water
2 tsp powdered gelatine

SOUR CHERRY ALMOND BISCOTTI
40g light margarine
2 Tbsp caster sugar
60g egg
80g (½ cup) wholemeal plain flour
75g (½ cup) self-raising flour
¼ cup Natvia Natural Sweetener
¼ tsp ground nutmeg
2 Tbsp dried sour cherries
2 Tbsp whole blanched almonds

1 Process half the cherries in a small food processor until pureed (you need ½ cup of puree).

2 Bring the cranberry juice and cherry puree to a simmer in a small saucepan. Put water in a small heatproof bowl, sprinkle gelatine over and stir to dissolve. Strain the cherry mixture through a fine sieve into the gelatine mixture. Stir to combine.

3 Divide mixture evenly between four 185ml (¾ cup) serving glasses. Add the remaining cherries to the glasses. Place in the fridge for 5 hours or until set.

4 Meanwhile, to make sour cherry almond biscotti; preheat oven to 160°C (fan-forced). Line an oven tray with baking paper. Use electric beaters to beat margarine and sugar in a small bowl until pale and creamy. Add the egg and beat until well combined. Stir in the sifted flours, sweetener and nutmeg. Knead the sour cherries and almonds into dough. Shape dough into a 4cm x 8cm log. Place the log on the tray. Bake for 30 minutes or until firm and golden. Cool completely on tray. Cut log into 12 x 2mm slices diagonally. Place the slices in a single layer on the tray. Bake for 15 minutes or until biscotti are dry and golden.

5 Serve each jelly with 1 piece only of biscotti.

Nutrition info

PER SERVE 568kJ, **protein** 4g, **total fat** 3g (sat. fat 1g), **carbs** 20g, **fibre** 2g, **sodium** 85mg • **Carb exchanges** 1½ • **GI estimate** high

LC

CREAMY STRAWBERRY POTS

PREP 25 MINS (+ 4 HOURS CHILLING)
SERVES 4 (AS A DESSERT)

2 plain digestive biscuits
1 Tbsp light margarine, melted
1 Tbsp boiling water
1 tsp powdered gelatine
250g strawberries
70g low-fat ricotta
90g (⅓ cup) low-fat natural yoghurt
100g silken tofu
60ml (¼ cup) sugar-free maple syrup
2 tsp fresh lemon juice
1 tsp vanilla extract

1 Place the biscuits in a medium resealable plastic bag. Seal. Using a rolling pin, roll over the biscuits to finely crush.

2 Combine the crushed biscuits and melted margarine in a small bowl. Divide the biscuit mixture evenly between four 125ml (½ cup) serving glasses. Gently press the biscuit mixture into the base of the glasses. Place in the fridge while preparing the strawberry mixture.

3 Put the water in a small heatproof bowl. Sprinkle the gelatine over the water and stir until it dissolves. Set aside to cool for 5 minutes.

4 Reserve two of the strawberries. Process the ricotta, yoghurt, tofu, syrup, remaining strawberries, juice and extract in a small food processor until smooth. Add the gelatine and pulse to combine.

5 Pour the strawberry mixture evenly between the glasses. Place in the fridge for 4 hours or until firm.

6 To serve, thinly slice the reserved strawberries into wedges. Sprinkle over the top of the pots.

Nutrition info

PER SERVE 479kJ, **protein** 6g, **total fat** 5g (sat. fat 2g), **carbs** 10g, **fibre** 2g, **sodium** 126mg • **Carb exchanges** ½ • **GI estimate** low • **Lower carb** ■

RECIPES & PHOTOGRAPHY IMMEDIATE MEDIA;
ADDITIONAL INFORMATION ALISON ROBERTS, SHANNON LAVERY (DIETITIAN)

Cook, eat, enjoy

Discover our supermarket favourites, learn kitchen hints, try some quick and easy recipes, all from food editor *Alison Roberts*

Kitchen Tips

Freezing dairy dos and don'ts

- Don't forget to label the food with the name and date it was placed in the freezer, or you can write the best before date if you prefer.
- Hard cheeses like parmesan, cheddar and mozzarella are great frozen, best grated first and then packed in resealable freezer bags. Freeze for up to 6 months.
- Avoid freezing fresh cheeses like ricotta or soft cheeses. These cheeses will be fine if used in a recipe and then the dish is frozen.
- Yoghurt can be frozen for up to 2 months, the texture maybe a little grainy on defrosting so probably best used in smoothies and baking.
- Don't forget, all DL recipes that are recommended for freezing are labelled on the recipe index page on p127.

SUPERMARKET CRUSH

Carisma Potatoes

These super spuds are a great choice for boiling or roasting, and unlike most white potatoes, they have a low glycemic index (GI), which helps avoid spikes in your BGLs and keeps you feeling fuller for longer. Plus, they also contain 25% less carbs than the average commonly available potato varieties, containing just over 10g carbs per 100g.

SUPERMARKET CRUSH

The Happy Snack Food Company

Get your hands on some of these happy roasted snacks! The roasted chickpeas come in lightly salted and lime & cracked pepper. Roasted fava beans in red pepper & chilli, sea salt & balsamic vinegar and pizza flavour. They come in kid's size (15g) pkts or 25g pkts. The original salted variety is also available in a large packet. Perfect for curing your 3.30-itis, with a punch of flavour, and, more importantly, protein and fibre to get you through the afternoon. Available nationwide from Woolworths, Coles, independent supermarkets and leading health food stores. RRP $5.30 for a 6 x 25g multipack.

SECOND DESSERT

Put 1 scoop **sugar-free vanilla ice-cream** in a bowl. Top with 1 (10g) crushed **mini meringue**, handful fresh **raspberries** and 10g chopped **walnuts**. Serve immediately. Serves 1.

GF

PER SERVE 720kJ, **protein** 4g, **total fat** 8g (sat. fat 1g), **carbs** 16g, **fibre** 6g, **sodium** 22mg • **Carb exchanges** 1 • **GI estimate** high • **Gluten free**

SNACKS

GF

HERBED SWEET POTATO WEDGES

Cut 130g unpeeled **orange sweet potato** into wedges. Place on a tray lined with baking paper and spray with cooking spray. Sprinkle over some **dried mixed herbs** (or you could use finely chopped fresh herbs). Roast in an oven preheated to 210°C (fan-forced) for 20-25 minutes or until tender and slightly crisp. Combine 1 Tbsp **light sour cream**, a squeeze of **fresh lemon juice**, a pinch of **smoked paprika** and freshly **ground black pepper** in a small bowl. Serve with the wedges. Serves 1.

PER SERVE 648kJ, **protein** 3g, **total fat** 6g (sat. fat 3g), **carbs** 20g, **fibre** 4g, **sodium** 18mg • **Carb exchanges** 1½ • **GI estimate** low • **Gluten free**

GF

HONEY AND CINNAMON POPCORN

Pop 30g **popping corn** in a microwave popcorn maker or air popcorn maker. Warm 2 tsp **honey** and drizzle over the popcorn. Sprinkle over ¼ tsp **ground cinnamon**. Toss to combine. Serves 2.

PER SERVE 312kJ, **protein** 1g, **total fat** 1g (sat. fat 0g), **carbs** 15g, **fibre** 3g, **sodium** 2mg • **Carb exchanges** 1 • **GI estimate** low • **Gluten free**

GF

PEAR & BERRY SMOOTHIE

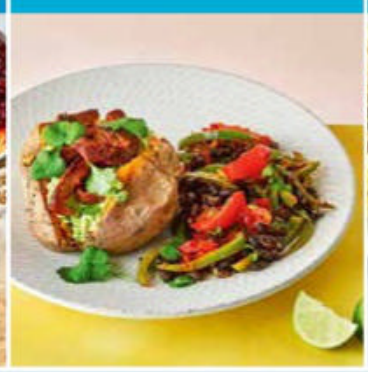
Blend 300ml **skim milk**, 170g tub **Goulburn Valley Diced Pear In Juices** (undrained), 100g **frozen mixed berries**, 65g (¼ cup) **diet berry yoghurt** and 3 tsp **flaxseed meal**. Divide between 2 serving glasses. Serves 2.

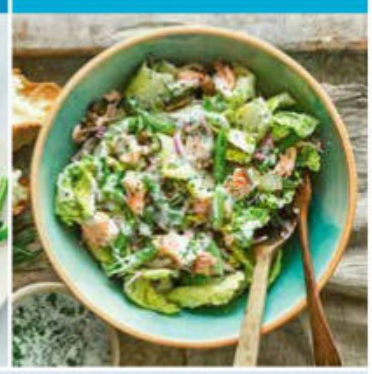
PER SERVE 651kJ, **protein** 8g, **total fat** 2g (sat. fat 0g), **carbs** 23g, **fibre** 4g, **sodium** 77mg • **Carb exchanges** 1½ • **GI estimate** low • **Gluten free** ■

WORDS ALISON ROBERTS; PHOTOGRAPHY ADOBE STOCK

Plan your week,

Wondering what to eat this week? Try these delicious meal ideas





	SUNDAY	MONDAY	TUESDAY	WEDNESDAY
H_2O	Start each day with a glass of water. You should have 6-10 glasses a day,			
Breakfast	Chickpea, red pepper, egg & feta hash (p 59)	Homemade muesli with oats, dates & berries (p 61)	Avocado & strawberry smoothie (p 60)	Mexican beans & avocado on toast (p 58)
Optional snack	1½ cups fresh fruit salad	250g punnet strawberries	Banana bread (p 65)	1 piece fresh fruit
Lunch	1 brown rice salmon sushi roll with a side serve of ~1 cup edamame.	**Pick 'n mix your own salad!** **1 Create your base** of 1½-3 cups mixed low starch vegies E.g. rocket, snow peas, tomatoes, cucumber, carrot, red onion. **2 Include a low GI carb**. E.g. ~ ½ cup brown rice, quinoa, pasta, roasted sweet potato.		
Optional snack	Muesli & honey biscuit (p 64)	1 piece fresh fruit	1½ cups fresh fruit salad	30g unsalted nuts
Dinner	Sesame and yoghurt crusted lamb (p 42) ***Pictured above***	Sweet potato jackets with stir-fried beef & beans (p 18) ***Pictured above***	Chicken piccata with garlicky greens & new potatoes (p 19) ***Pictured above***	Hot smoked salmon salad with chive buttermilk dressing (p 19) ***Pictured above***
Alcohol	If you choose to drink, stick to 1-2 standard drinks per day. It's also a good idea to			
Optional dessert	200g diet yoghurt	60 second dessert (p 73)	½ cup frozen berries, warmed with 100g diet yoghurt	½ mango with 100g diet yoghurt
Exercise	Aim for 20-60 minutes of moderate exercise each day.			

WORDS SHANNON LAVERY (DIETITIAN); PHOTOGRAPHY IMMEDIATE MEDIA, ADOBE STOCK

it's easy!

THURSDAY	FRIDAY	SATURDAY
depending on your exercise levels.		
Breakfast naan (p 60)	Homemade muesli with oats, dates & berries (p 61)	Leftover porridge pancakes (p 58)
1 piece fresh fruit	1 kiwi fruit with 100g diet yoghurt	Pear & berry smoothie (p 73)
3 Top with a lean protein. E.g. 1-2 boiled eggs, 95g can tuna/salmon, ½ cup ricotta cheese, 40-50g shredded chicken. **4 Dress it**. E.g. balsamic vinegar or lemon juice with/without 1 tsp extra virgin olive oil.		Chilled cucumber, dill & yoghurt soup (p 40)
2 corn thins topped with 2 x 20g slices reduced fat cheddar	30g unsalted nuts	Herbed sweet potato wedges (p 73)
Lentil salad with tahini dressing (p 20) ***Pictured above***	Bun cha with sizzling meatballs (p 21) ***Pictured above***	Egg fried noodles (p 50) ***Pictured above***
have a couple of alcohol-free days a week.		
1½ cups fresh fruit salad	Creamy strawberry pots (p 71)	1 cup skim milk with 1 tsp reduced-sugar Milo
Always discuss your exercise plans with your doctor first.		

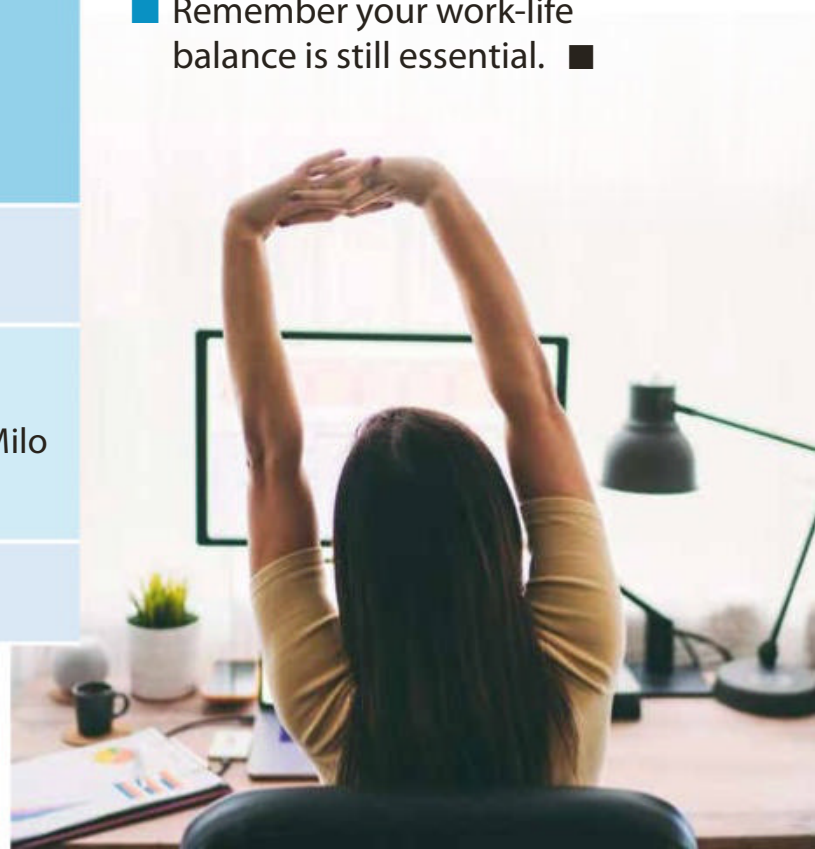
This menu planner has been created by a dietitian and exercise physiologist for the average person with diabetes. If you have special needs, please consult your own dietitian. Check the product packaging or the nutrition info boxes near our recipes for nutritional analysis.

WFH LIFESTYLE HABITS

The last two years has brought a lot of change, particularly with our day-to-day lifestyles and with working from home (WFH) becoming the norm. That may have changed your daily eating habits, possibly for the worse...

Here are some tips to maintain a healthy lifestyle while WFH:

- You may have gained 1-2 hours a day by not needing to commute to work. Use this extra time to do some exercise.
- Aim to stick to your regular eating regime. Think about your typical main meal and snack timing and food choices.
- If possible, set up your work station away from the kitchen area to reduce temptation.
- Avoid bringing back regular snacks and drinks to your home work station. Constant snacking throughout the day can impact your blood glucose management.
- If you're baking more often, be sure to watch your portions and opt for healthier recipes.
- If you drink alcohol, be mindful of how often this creeps into your weekly habits. Check out our feature on alcohol and alcohol-free drinks on page 108.
- Remember your work-life balance is still essential. ■



Our food explained

Every recipe in *Diabetic Living* is carefully created to help you enjoy a healthy, balanced diet

Our Nutrition Info boxes sit alongside each recipe. Use them to track your nutritional requirements, as well as count carbs, carb exchanges and find out whether a recipe is low-, medium- or high-GI, or gluten-free. Easy!

Serves 2 (as a main)
We show you whether a food is designed to be a between-meals snack, breakfast, lunch (a lighter main) or dinner (the main meal of the day). When we say, "as an occasional dish", it should only be eaten as a treat, such as once a fortnight.

Brand names
We often use product names to make it easier to find nutritionally suitable brands when shopping.

Sugar or sugar substitute
In some dishes, you can use either sugar or a sugar substitute. In these cases, we give you the nutrition analysis for both.

Granulated sugar substitute
Most sugar substitutes on the market measure spoon for spoon, rather than weight. For example, if the recipe uses 220g (1 cup) of sugar, you would replace this with 1 cup of granulated sugar substitute.

Optional ingredients
Whenever we list an ingredient as optional, it isn't included in the nutrition analysis and it's up to you if you want to use it.

Choice of ingredients
When we give you the choice of two different ingredients, we analyse only the first one.

Carb exchanges
Using exchanges makes counting carbs easier: one exchange = 15g of carbs. Aim for 1-2 exchanges in every snack and 1-4 exchanges in each meal.

Lower-carb option
When possible we will provide an ingredient substitution from the main recipe to reduce the carbs to less than 2 carb exchanges for a main or light meal and less than 1 carb exchange for a snack or dessert. Nutrition information for this variation will be included, but please note the finished product will vary slightly from what is presented in the recipe picture. ■

Leftover porridge pancakes
Recipe, page 58

PHOTOGRAPHY IMMEDIATE MEDIA

CUT OUT & KEEP

YOUR DAILY ALLOWANCE GUIDE

With this guide, you can create the perfect eating plan for your needs

To maintain your weight*	To lose weight*
Kilojoules 8700kJ	**Kilojoules** 6000kJ
Protein 80g	**Protein** 65g
Total fat 70g	**Total fat** 45g
Saturated fat 24g	**Saturated fat** 15g
Carbs 270g	**Carbs** 180g
Fibre 30g	**Fibre** 30g
Sodium Less than 2000mg	**Sodium** Less than 2000mg

** These figures are a guide only. To find out your individual nutritional needs, please see your dietitian.*

living well

MOTIVATION ✦ EXPERT ADVICE ✦ INSPIRATION

"Act as if what you do makes a difference. It does."

PHOTOGRAPHY GETTY IMAGES

THE PANDEMIC'S IMPACT ON DIABETES CARE

New Australian research has provided a window into how the COVID-19 pandemic has impacted the lives of people with type 2 diabetes. Dr Julian Sacre of the Baker Heart and Diabetes Institute explains...

While Australia has been lucky to avoid the high COVID-19 infection rates seen in other parts of the globe, we have faced some of the world's strictest lockdown measures. Researchers at Melbourne's Baker Heart and Diabetes Institute wanted to understand how this "new normal" impacted on the health and wellbeing of people with diabetes, which might help inform treatment, as well as future pandemic planning.

The diabetes complications program at the Baker Institute is running a long-term study called PREDICT, which tracks the health of people with type 2 diabetes. This put the researchers in a unique position to evaluate the effect of the pandemic, as almost 500 people had joined PREDICT before COVID emerged on the scene. These people were re-surveyed during the first lockdown period about a range of issues, including their worries about the pandemic and their use of healthcare services, as well as impacts on their general health and emotional wellbeing.

Concerning reduction in medical appointments

Of concern in these survey results – recently published in the scientific journal *Diabetic Medicine* – was a reduction in people accessing routine medical care. Cancelled medical appointments and avoidance of new bookings were common (each reported by about two in five people). This was not counting appointments that were changed to telehealth, which was taken up by many. About three-quarters of participants reported attending an appointment after it was switched to telehealth.

However, not all aspects of diabetes care can be delivered via telehealth, and the Baker Institute team was concerned to see how common appointment cancellations and avoidance of new bookings occurred. This can lead to missed opportunities to treat emerging problems, or even delay the detection of serious complications of diabetes. For example, a cancelled healthcare appointment may mean missing out on a blood or urine test, a blood ➤

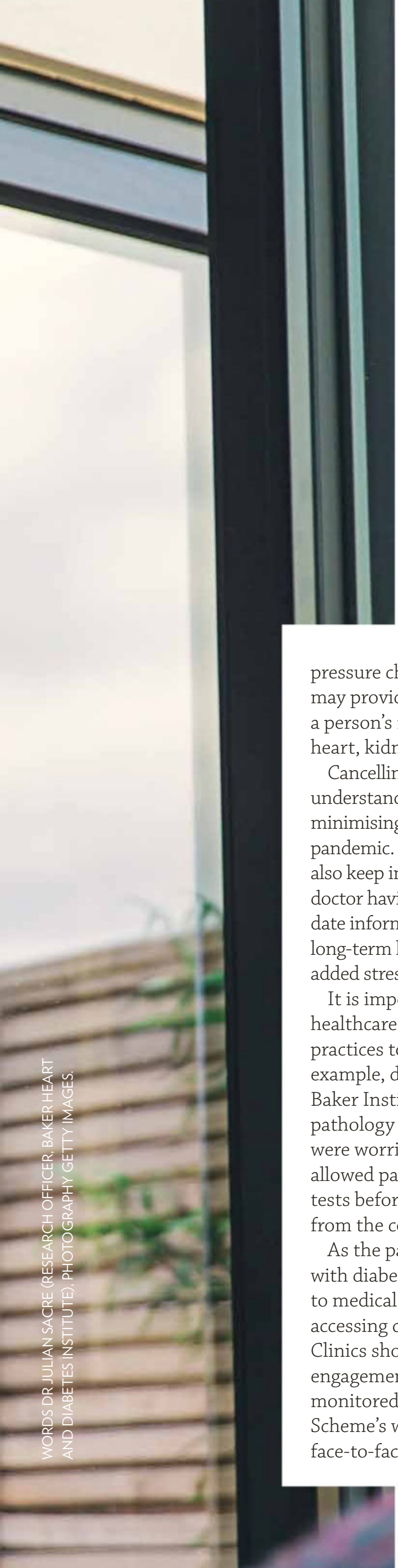
RE-ENGAGING WITH DIABETES CARE POST-PANDEMIC

For those who may have found it hard to keep up with normal diabetes care during the pandemic, or want to begin fresh with some healthy habits, start with these top tips.

1 **Make an appointment with the doctor who manages your diabetes if it has been longer than usual since your last visit. Don't put off seeing a doctor if you have any new health concerns.**

2 **Support is available for people worried about COVID-19 and diabetes. Fact sheets on this, as well as on managing anxiety/ depression, are available on the NDSS website.**

3 **It can be difficult to maintain good self-care during lockdown – due to lower motivation or practical reasons. Your gym may be closed, or you may no longer be doing your usual 10 minute walk on your way to the office. However, there are good reasons why exercise remains one of the essential reasons to leave home. Stay active and avoid prolonged periods sitting at home.**



WORDS DR JULIAN SACRE (RESEARCH OFFICER, BAKER HEART AND DIABETES INSTITUTE). PHOTOGRAPHY GETTY IMAGES.

TRACKING THE COMMON COMPLICATIONS OF DIABETES

More people are needed to join the PREDICT study in Melbourne, to help build a better understanding of type 2 diabetes and its complications.

This study is being led by the Baker Institute in collaboration with La Trobe University, the Centre for Eye Research Australia, the Australian Centre for Behavioural Research in Diabetes and Monash University.

It aims to develop ways of identifying those people with type 2 diabetes who are at risk of developing some of the most common and debilitating complications of diabetes, such as vision loss, kidney and heart disease, dementia and some types of cancer.

Participants must live in Melbourne and have type 2. Whether you have had diabetes for a short or long time, you are doing well or have problems with diabetes, you can be an important part of this study. As a participant, you will get a comprehensive diabetes health assessment with results provided to you and your doctor. You can play a key role in type 2 treatment options. Visit *www.baker.edu.au/predict*

pressure check, or a foot or eye exam, that may provide important information about a person's risk of developing treatable heart, kidney or vascular problems.

Cancelling or avoiding appointments is understandable from the perspective of minimising interactions with others during a pandemic. But people with diabetes should also keep in mind the importance of their doctor having access to accurate and up-to-date information to help them manage their long-term health, particularly at a time of added stress and vulnerability.

It is important to be aware that many healthcare services have adapted their practices to reduce risks of exposure. For example, during Melbourne's lockdown the Baker Institute offered a drive-through pathology service for diabetes patients who were worried about visiting clinics. This allowed patients to get necessary blood tests before their telehealth appointments from the comfort of their own car.

As the pandemic stretches on, people with diabetes should minimise disruption to medical appointments, and not avoid accessing care if new health concerns arise. Clinics should adapt to maximise patient engagement and ensure risk factors are monitored. The National Diabetes Services Scheme's website has tips on navigating face-to-face diabetes care in the pandemic.

Mixed results on mental health and wellbeing

Unsurprisingly, data from the Baker Institute study showed that people living with type 2 diabetes have found the pandemic stressful.

About one third of those surveyed had at least moderate-level worry about COVID infection, and close to three-quarters reported negative impacts on quality of life, with younger people particularly affected.

But the results weren't all doom and gloom. Overall anxiety and depression levels were similar to pre-pandemic levels, and diabetes distress actually reduced. However, these results were collected early in the pandemic, and can't necessarily speak to the effects of extended and repeated lockdowns in some parts of the country. It is clear that the effects of the pandemic are variable. Although overall anxiety and depression levels remained the same, some people were worse off than others, so ongoing support is essential to alleviate pandemic-related stresses for those struggling.

As far as self-care and health behaviours are concerned, self-reported physical activity levels decreased by an average of 10 per cent – not as severe as expected, and seemingly driven by people making the most of allowances to exercise outdoors. ■

PANTRY MAKEOVER

It's time to restock the pantry with healthy staples that will help you make nutritious, tasty meals every day of the week.

Preparing and eating healthy meals starts with having the right ingredients. At the end of a long day of work, study or caring for kids, it can be easy to be tempted to pick up a takeaway, particularly when the alternative is heading to the supermarket. Having a well-stocked pantry means you can always have ingredients on hand to pull together a quick and healthy meal, saving you time and money.

With new food items hitting our supermarket shelves each day, it can be hard to know what to choose. Our healthy pantry gives suggestions for the best products to stock your cupboards, which together with a regular supply of fresh produce, can help to make preparing healthy meals an easy and pleasurable experience. ➤

Grains and legumes

These foods are something most of us should be eating more of, with research showing many health benefits associated with increased intakes of both wholegrains and legumes. Store these in airtight containers in a cool, dry, dark area. Most grains and legumes will keep for at least 6 months and some grains keep for longer if stored in the refrigerator, particularly in warmer weather.

Dried pasta and noodles Look for wholemeal or wholegrain varieties to add fibre, or try out the legume-based pastas that are now available, such as chickpea or red lentil pasta. When buying dried noodles, check the ingredient list to make sure they aren't fried in oil.

Rice Choose brown or black rice for more fibre and nutrition, or if you prefer white go for lower glycaemic index (GI) basmati or doongara varieties.

Barley adds flavour and fibre to soups and stews, and can also be used as a tasty and nutritious alternative to rice in dishes like risotto and pilaf. It is high in soluble fibre and has a much lower GI than rice or other grains.

Freekeh and bulgur are varieties of wheat grain which can be eaten in place of rice and used in dishes such as tabbouleh.

Rolled oats are the perfect breakfast cereal, either cooked as porridge in winter or made into muesli or overnight oats in summer. They can also be used in baking muffins or biscuits. Choose traditional or steel-cut oats rather than the instant or quick cooking variety which have a higher GI.

Quinoa is a nutritious, quick cooking grain which is wheat- and gluten-free and high in protein, iron and fibre. Use it in place of couscous or rice.

Dried legumes are a nutritious and economical food which can be made into meals on their own or added to meat-based dishes, soups or salads. Try lentil-based curries, chickpeas added to stir-fries, red kidney beans in mince, cannellini bean mash or borlotti beans in your favourite winter casserole.

Sardines are a great alternative to fresh fish and are rich in healthy omega-3 fats.

Canned foods

Cans should be kept in a dry place to prevent rusting. Although they can technically be kept indefinitely, for optimum nutrition, canned foods should not be kept longer than a year. Discard cans that are swollen, badly dented, rusted or leaking. Choose canned foods labelled ‘no-added-salt’ or ‘salt-reduced’.

Canned fish including tuna, salmon and sardines are a great alternative to fresh fish and are rich in healthy omega-3 fats. They can be added to salads or sandwiches, made into patties or stirred through pasta for a quick, healthy meal. Sardines on toast make a tasty cooked breakfast option.

Canned legumes are a handy alternative when you don’t have time to prepare the dried variety. Rinse and drain them well and use in similar ways to the dried variety. They don’t need cooking so they can be used in salads or added at the end of cooking to heat through. Unused portions can be stored in an airtight container in the fridge and used within a few days, or can be frozen for use at another time.

Canned tomatoes should be a staple in every healthy pantry. Use in pasta, casseroles, soups and curries for a better alternative to pre-made pasta sauces which may contain added salt and sugar. Choose the crushed variety and add herbs and spices for the perfect tomato-based sauce. An alternative is bottled tomato passata. ➤

Oils, vinegars, sauces, spreads & condiments

The right selection of cooking oils and flavours can help to make quick, easy meals tasty, while still being good for you. While pre-prepared cooking sauces may be easy, most are high in fat, salt or sugar. Having a selection of good basic ingredients makes it easy to prepare your own tasty meals without the additives.

Extra-virgin olive oil is the best choice for use in salads and cooking. For optimum flavour and to prevent oxidation, shop for olive oils that are sold in dark tinted bottles or metal containers. Avoid keeping your olive oil next to the stove, instead store away from light and heat and use within 6 months.

Asian sauces such as soy sauce, curry and chilli pastes, fish sauce and miso are a great way to liven up simple meals although tend to be high in salt, so choose reduced-salt varieties where available. Asian oils, vinegars and soy sauce can be kept at room temperature away from light and heat. Fish sauce, curry pastes, chilli sauce and miso should be refrigerated after opening.

Vinegar Adding vinegar to salad dressings and sauces can help to lower the GI of your meal. Vinegar should be used within 6 months after opening, and kept in a cool, dark place or in the refrigerator.

Stock Choose reduced-salt varieties or replace half the stock in recipes with water to reduce salt intake. Liquid stock or stock cubes have a long shelf life but should be kept in a cool, dry place.

Tomato paste can be used in a variety of meals including pasta sauces and home-made pizzas. Once opened, store any leftovers in a container in the fridge for 2 to 3 days or freeze in ice-cube trays for convenient future use.

Natural nut butters Unlike regular peanut butter, which also contains sugar, salt and vegetable oils, natural nut butters are just nuts crushed into a paste. Several different varieties are now available including peanut, almond, cashew and mixed nut spreads. Use them as a spread, in baking, or to make your own nut-based sauces for cooking, such as satay.

Tahini is a sesame seed spread which can be used to make dips like hummus, in baking, or mixed with lemon or lime juice to make a creamy salad dressing. The unhulled variety is a good source of calcium.

Herbs and spices

In addition to enhancing the taste of a meal, herbs and spices are a rich source of antioxidants and phytochemicals. All herbs and spices are a great addition to your pantry but below are a few to consider having on hand. All herbs and spices should be kept in airtight containers in a cool, dark and dry place and be used within one year.

Herbs Basil, bay leaves, mint, oregano, rosemary, thyme.

Spices Cayenne pepper, chilli powder/flakes, cinnamon, cloves, coriander, cumin, curry powder, ginger, nutmeg paprika, pepper, turmeric. When choosing spice mixes, such as curry powder, dukkah and za'atar, choose ones with a low salt content.

PHOTOGRAPHY ADOBE STOCK.

5 TOP TIPS FOR STOCKING YOUR PANTRY

- Only buy what you have room to store, and what you will use.
- Use containers that are dry, clean and airtight.
- Clearly label all containers with the use-by date of its contents.
- Constantly rotate food to ensure that you are using ingredients at their freshest.
- Keep your pantry organised and group ingredients together – have a shelf for dry ingredients, one for cans and jars, and another for sauces, vinegars and oils.

Nuts & seeds

Nuts and seeds are nature's perfect snack food, packed with nutrition and minus the added sugar, salt, fat and packaging of most snack foods. They can also be used in baking healthy muffins, cakes and biscuits, added to cereals, and a sprinkle of nuts and seeds adds flavour to salads, pasta meals, curries and stir-fries. Nuts and seeds absorb odours, so keep in an airtight container in a cool, dark and dry place. They will last for 4 months if shelled and 6 months in the shell. To extend their shelf life, place them in the refrigerator where they will keep for 9 months, or freeze for up to 2 years. Choose the raw, unsalted variety for maximum nutrition.

Nuts Almonds, Brazil nuts , cashews , hazelnuts , pine nuts, peanuts, pecans, walnuts.

Seeds Sunflower seeds, pumpkin seeds, sesame seeds, black seeds, chia seeds, flaxseeds.

Frozen foods

Keeping a few basics in the freezer can help for weeks when you don't have time to shop for fresh foods.

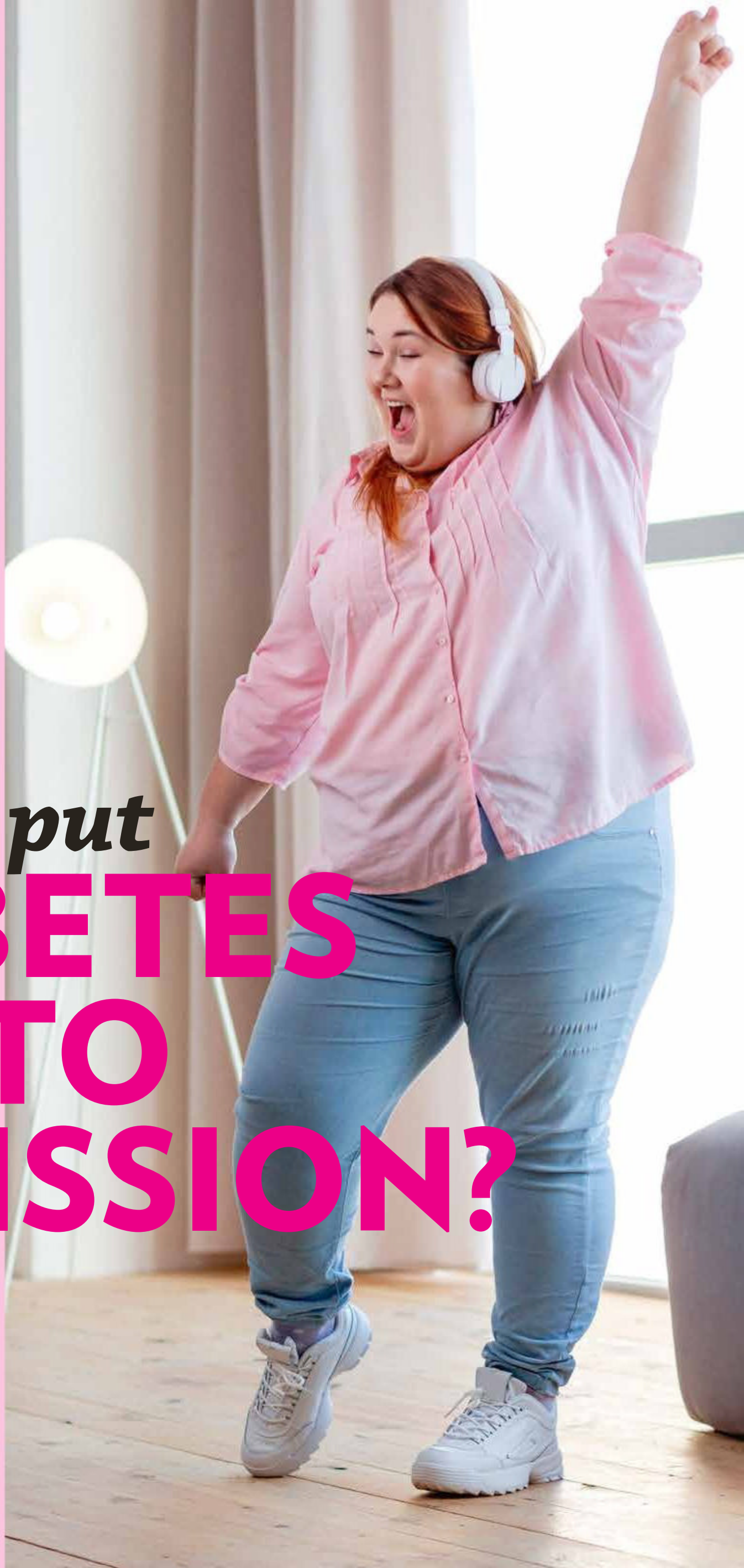
Frozen vegetables Keep a supply of frozen peas, corn, beans and stir-fry mix on hand for healthy meals when you're short on time. Research has shown that these are equivalent, or sometimes even better than fresh, when it comes to nutrition as they are usually snap frozen as soon as they are picked.

Wholemeal flatbreads These will keep frozen for 2 months and can be topped with tomato paste, vegetables such as capsicum, zucchini and mushrooms, and a sprinkle of mozzarella for a quick and easy pizza.

Wholegrain bread This will keep frozen in airtight bags for 3 months and can be used for toasting or toasted sandwiches, when you don't have fresh bread on hand. ■

When you were diagnosed with type 2 diabetes, you probably thought it was for good. But could there be an alternative? *DL* mag dietitian and diabetes educator, **Dr Kate Marsh**, explores the research on putting diabetes into remission.

Can you put DIABETES INTO REMISSION?



If you have type 2 diabetes, you may have been told it is a progressive condition and that over time you will probably need more and more medication to help manage your blood glucose levels. And while this is the case for many people, research has shown that it doesn't have to be. In fact, with significant lifestyle changes and weight loss, reversal of type 2 diabetes is possible for many people.

The DiRECT study

In 2017, results of the Diabetes Remission Clinical Trial (DiRECT) were published, showing that diabetes remission is possible. The researchers studied more than 300 people with type 2 diabetes, diagnosed within the last 6 years and attending general practices in Scotland and England. They were aged between 20 and 65 years and were carrying excess weight. Half of the participants were placed in an intervention group following an intensive weight management program while the remaining study participants acted as a control group, receiving care according to current best practice diabetes guidelines.

The intervention included a very low-energy diet based on meal replacements for three to five months followed by a gradual reintroduction of normal foods over two to eight weeks and structured support to help them maintain their weight loss in the long term. These participants stopped all of their diabetes and blood pressure medications when they started the study.

After 12 months almost half (46 per cent) of participants in the intervention group but only 4 per cent in the control group achieved diabetes remission. The researchers defined remission as achieving a HbA1c of less than 6.5 per cent after at least two months off all diabetes medications. The average weight loss was 10kg in the intervention group and 1kg in the control group. Importantly, remission rates varied according to how much weight participants lost.

Diabetes remission was seen in

- None of the participants who gained weight during the study
- 7 per cent of participants who maintained 0-5 kg weight loss
- 34 per cent of participants who maintained 5-10 kg weight loss
- 57 per cent of those who maintained 10-15 kg weight loss
- 86 per cent of those who maintained a weight loss of 15 kg or more

The researchers then followed the study participants for another year to see whether their diabetes remission could be maintained. After two years, just over one-third of participants in the intervention group but only 3 per cent in the control group had maintained diabetes remission and 11 per cent of the intervention group versus 2 per cent of the control group had maintained a weight loss of more than 15 kg. Almost two-thirds of those who maintained at least 10 kg weight loss were still in remission from diabetes.

Several studies have shown that weight loss surgery can achieve diabetes remission. This study shows that remission can be achieved without surgery, in those who can make dietary and lifestyle changes necessary to achieve and maintain significant weight loss. ➤

Weight loss and weight maintenance are the key

Of course, achieving diabetes remission doesn't mean that diabetes is gone for good. If you achieve remission and then go back to old eating habits and regain weight, it is likely that your diabetes will return. This is a key message from the DiRECT study - not only is significant weight loss required to achieve remission but maintaining this weight loss is key. This means finding an eating plan you can stick to for the long term and getting the support you need to maintain dietary and lifestyle changes.

Support is essential

For anyone with type 2 diabetes who is interested in trialling a program to achieve diabetes remission, it is very important that this is done under the care of healthcare professionals. If you are making significant dietary and lifestyle changes, it is essential that you first speak to your doctor about the need for reducing or stopping diabetes and blood pressure medications. And if you plan to use meal replacements, this should be done together with an Accredited Practising Dietitian, who can ensure the product you use is suitable to meet your nutritional needs and who can also help you during the transition back to a long-term healthy eating plan.

Not only is significant weight loss required to achieve remission but maintaining this weight loss is key.

Diabetes remission may not be possible for everyone

The DiRECT study was done in people who had been diagnosed with diabetes in the last six years and other research suggests that diabetes remission is more likely to be successful when changes are made soon after diagnosis of diabetes, rather than when someone has had diabetes for many years. This doesn't mean if you've had diabetes for longer that you can't gain benefits from making lifestyle changes, including weight loss and a reduction in diabetes medication. However, the longer you have had diabetes, the more difficult achieving remission may be. We also don't have research on diabetes remission for people with type 2 diabetes who are not carrying excess weight.

PHOTOGRAPHY ADOBE STOCK.

Diabetes remission

Principles for success

DiRECT researchers have come up with several principles they say will help to ensure success for anyone with type 2 diabetes who is undertaking a program to achieve diabetes remission. Their suggestions include:

- An integrated program with a focus on long-term behaviour change and strategies for relapse management
- A period of total diet replacement using nutritionally complete meal replacement shakes
- A period of supervised stepped meal reintroduction to help build a sustainable eating pattern
- Supervised weight loss maintenance supported by a trained healthcare professional for at least 24 months to minimise weight regain
- Having a clear plan for relapse management which includes the need to make changes if you have a weight regain of more than 2 kg

How does it work?

In people with type 2 diabetes, excess fat builds up in the liver and pancreas, stopping them from working effectively. By reducing energy (kilojoule) intake and achieving significant weight loss, the fat inside the liver and pancreas is reduced and these organs can start working normally again. Energy restriction and weight loss help insulin to work better in the body and also help to restore the ability of the pancreas to produce insulin. ■

HEART BODY *MIND*

HOW TO REDUCE DEMENTIA RISK

Studies suggest there is a link between diabetes and dementia. Here, we explore how you can reduce your risk with simple lifestyle changes.

According to Dementia Australia, in 2021 there are about 472,000 Australians living with dementia. Almost one in 10 people over the age of 65 are affected and around 250 new cases are diagnosed each day. While age is the biggest risk factor, and genetics play a part, there's also increasing evidence for a link between diabetes and dementia, particularly type 2 diabetes. *DL* mag dietitian and diabetes educator, Dr Kate Marsh, discusses why this might be, but more importantly, what you can do to reduce your risk.

The diabetes-dementia link

Diabetes is associated with increased risk of both Alzheimer's disease (AD) and vascular dementia (VD). A 2013 meta-analysis of 28 studies found that people with diabetes had a 56 per cent higher risk of developing AD and a 127 per cent higher risk of VD. Diabetes also appears to increase the risk of cognitive decline, particularly the longer you have the condition.

The reasons for this association are not fully understood but are most likely related to several different mechanisms including blood vessel damage which reduces blood flow to the brain, oxidative stress, inflammation and the formation of advanced glycation end-products (AGEs) because of high blood glucose levels. There is also some evidence that severe hypoglycaemia (low blood glucose levels), particularly if repeated, may contribute to cognitive decline.

However, there is also another possible explanation. It has been known for some time that people with a gene called APOE4 are at much higher risk of developing AD. In 2017, researchers from the Mayo clinic found that in mice, the APOE4 gene seems to interfere with the brain's ability to use insulin, which over time can cause brain cells to starve and die. This insulin resistance in the brain has been referred to as 'type 3 diabetes' and significantly increases the risk of developing AD. ➤

WHAT IS DEMENTIA?

Dementia isn't one specific disease, but a collection of symptoms that are caused by disorders affecting the brain. Dementia affects thinking, behaviour and the ability to perform everyday tasks. This can interfere with the person's social and working life.

There are several different types of dementia caused by different diseases of the brain, but the most common are Alzheimer's disease (AD) and vascular dementia (VD). AD makes up around two-thirds of all cases of dementia and occurs when clumps of protein called beta-amyloid (known as amyloid plaques) along with bundles of twisted filaments (called neurofibrillary tangles) prevent communication between nerve cells in the brain and cause them to die. VD is caused by damage to the blood vessels in the brain and often occurs following a stroke, or several mini-strokes (known as transient ischaemic attacks or TIAs).

Reducing your risk

Just because you have diabetes it doesn't mean you will develop dementia. There is plenty you can do to reduce your risk. Evidence suggests that at least half of the risk of dementia is attributed to lifestyle factors including diet, exercise and smoking. Keeping blood glucose levels, blood fats and blood pressure well managed will also help.

Equally important, having the APOE4 gene doesn't mean that AD is inevitable. Those at higher risk of AD because of the APOE4 genotype may benefit even more from lifestyle changes. Studies show that those with the APOE4 gene may be more susceptible to the negative effects of inactivity, excess alcohol, smoking, saturated fat intake and vitamin B12 deficiency. So taking steps to change these risk factors is even more important.

Rather than seeing declining cognitive function as an inevitable part of ageing, we should consider brain health as another good reason to improve our habits. The lifestyle changes that can help reduce dementia risk are the same habits that are key for managing diabetes and reducing heart disease risk.

Habits that matter for brain health

There is good evidence that lifestyle habits, including eating a healthy diet, keeping active, not smoking, limiting alcohol intake and maintaining a healthy weight, can help reduce the risk of developing dementia. Keeping mentally active and addressing loneliness and depression are also important.

A study of 2235 men in the UK who were followed for over 35 years found that five healthy lifestyle factors were associated with a reduced risk of cognitive impairment and dementia, as well as a reduced risk of diabetes, heart disease and stroke. These were exercising regularly, not smoking, eating a healthy diet, keeping a low body weight and having a low alcohol intake. Men who followed four or five healthy behaviours had a 64 per cent lower risk of cognitive impairment and dementia.

A healthy diet in this study was low in fat (less than 30 per cent of energy) with three or more daily servings of fruit and vegetables. Other research suggests that unsaturated fats (in fish and plant foods such as nuts, seeds, avocado, olives and oils from these foods) may be protective while a higher intake of saturated fat (in animal foods, palm and coconut oil) can increase dementia risk, particularly in those with the APOE4 gene.

Time to take action

While usually diagnosed later in life, the disease processes contributing to dementia occur over several decades, like they do for chronic health conditions including type 2 diabetes and heart disease. This is a reason to take action now, especially if you have diabetes.

Dementia Australia provides a range of resources on reducing the risk of dementia. While there are some risk factors we can't change, like age, genetics and family history (having a first-degree relative with dementia increases your risk two- to three-fold), there are many risk factors that can be altered with lifestyle changes.

Dementia Australia recommends focusing on the following three areas to reduce your risk:

Look after your heart

Heart and blood vessel disease not only increases the chances of having a heart attack or stroke but is also one of the biggest contributors to dementia risk. So managing risk factors, such as high blood pressure and high cholesterol, not smoking, exercising regularly and eating a healthy diet, is as important for your brain as it is for your heart.

Look after your body

This includes eating a healthy diet, being physically active, optimising sleep, looking after your hearing and protecting your head from injuries.

Look after your mind

Just like you need to increase the intensity of exercise to improve fitness, your brain needs to keep being challenged to function optimally. Spending time with people you enjoy in ways that interest you creates better brain function and reduces dementia risk.

For more information, visit www.dementia.org.au/risk-reduction ■

HEALTH AND LIFESTYLE FACTORS RELATED TO DEMENTIA

According to Dementia Australia, the following factors contribute to between 35 and 50 per cent of cases of dementia worldwide:

- **cardiovascular (heart and blood vessel) disease**
- **physical inactivity**
- **hearing loss**
- **sleep disturbance**
- **unhealthy diet**
- **low levels of complex mental activity or stimulation in early life**
- **depression**
- **social isolation**

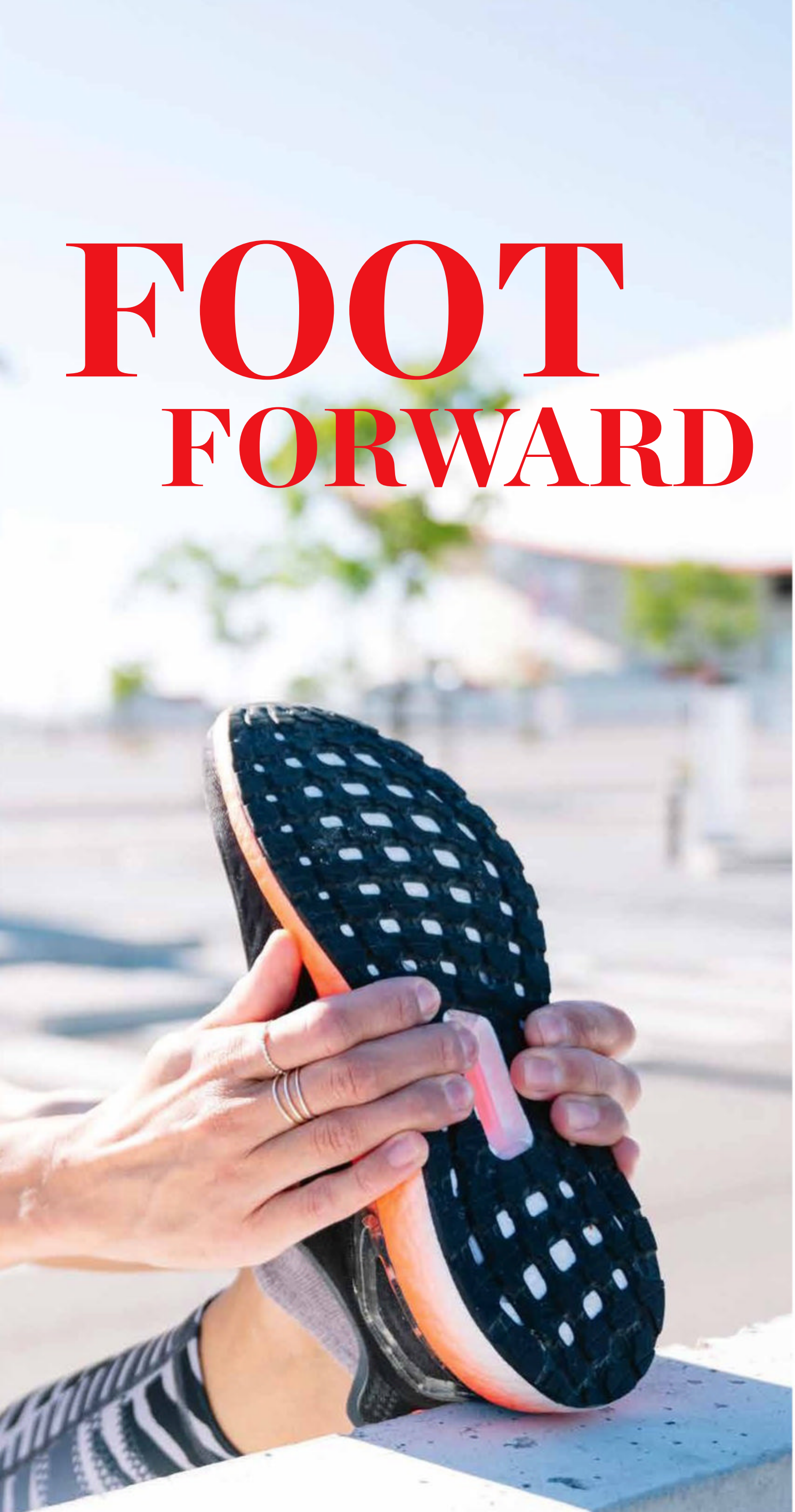
WORDS KATE MARSH; PHOTOGRAPHY GETTY IMAGES

PUT YOUR BEST

Tempted to tune out when you're reminded – for the umpteenth time – to look after your feet? Then read on for 20 foot-care facts and handy hints to help your feet stay in the running.

They may be our greatest supporters but – all too often – it's only when our feet kick up a fuss that we take note of their needs. If we take the recommended 10,000 steps a day, over a lifetime, we'll have walked the equivalent of roughly five times around the globe – around 200,000 kilometres. If many of these steps are taken barefoot, in thongs or toe-crushing high heels, it's little wonder if we're left with a legacy of pain, disfigurement and poor mobility as the years march on. Having diabetes can compound existing foot problems, especially if it's poorly managed. The combination of long-term diabetes and elevated blood glucose levels increases the likelihood of complications with our feet.

FOOT FORWARD



Why does poor blood glucose management put our feet at risk?

* POOR CIRCULATION

As the body parts furthest from the heart, our feet are vulnerable if damaged blood vessels starve them of oxygen-rich blood and nutrients vital for healthy functioning tissue and healing. Impaired blood flow also means antibiotic treatment is less successful in circulating and reaching infection sites.

* NERVE DAMAGE

Medically termed 'peripheral neuropathy', this means a loss or reduced ability to feel in the feet and lower legs. As a result, a person may not sense pain from a trauma, injury or infection. Some common sensations include burning, sharp stabbing and tingling pains, but they are not always present with nerve damage.

These conditions can fast-track minor foot issues into major health problems – without care, a small abrasion can develop into an ulcer, with infection leading to amputation in the worst-case scenario. Keeping blood glucose levels well managed will prevent or delay diabetes complications including foot problems. Tracking changes in the way your feet look and feel is vital to keep complications at bay.

Put a SPRING back in your step

Here's a rundown of the best ways to care for your feet, keep them happy and help them stay the distance.

1 TOE THE LINE

Even if you have only recently been diagnosed with diabetes, your feet should be checked. You may already have some signs of wear and tear, such as cracked heels, corns and calluses, or blisters that require attention and that can lead to problems. You also need to learn how to care for your feet, understand any specific problems that may affect them, as well as how diabetes affects them. See a podiatrist or attend a Diabetes Centre near you.

2 KEEP A LOOKOUT

Pain is a protective mechanism that alerts you to discomfort from corns, calluses, bunions and trauma to your feet. You may also be unable to sense pressure, sharpness, heat and cold. If you've lost the ability to feel, you have to use your eyes to detect problems instead of relying on the nerves in the feet.

3 EXPERT OPINION

Whether you attend a specialist foot clinic for people with diabetes or you see a private podiatrist, placing your feet in the hands of a podiatrist is a must.

4 BE FAMILIAR WITH YOUR FEET

Include your feet in your daily routine. Wash, dry and inspect them so you can pick up anything new or something that wasn't there yesterday. Keep a light-coloured cloth for cleaning the feet and, that way, you'll notice any blood if trauma has occurred.

5 BOOK IN FOR A SERVICE

Your feet should be serviced twice a year, just like your car. Ask your podiatrist to check the circulation and nerve function in your feet to keep them fine-tuned and healthy. With a close eye, changes will be picked up sooner and you'll sleep easy knowing your feet are properly maintained.

6 KNOW WHERE YOUR FEET STAND

Understand whether your feet are at a high or low risk of developing problems Low-risk feet have normal sensation and good blood flow. High-risk feet have nerve damage and/or poor blood flow. See your podiatrist and talk feet.

7 HAIL HAIRY TOES

You might think that they are unsightly, but hairy toes are often a sign of reasonable circulation. Keep an eye on how quickly your nails grow because, with decreased blood flow, your nails will often be slower to grow and your hair will be more sparse.

8 SOCK IT RIGHT

Wear socks that are made of cotton, wool or a combination of fibres to absorb any sweat and allow your feet to breathe. Avoid socks with tight tops or those that are knee-high, as they can hinder the blood flow. Make sure the seams aren't too bulky as they can rub and cause blisters. Try Glucology socks from Diabetes Australia shops and online at www.diabetesshop.com

9 SMOOTH ROUGH EDGES

Joint stiffness and clawing of the digits is a classic diabetic foot problem changing the mechanics of the foot. Toes can become rigid and deformed, forcing pressure onto the ball of the foot as you walk, which leads to a build-up of protective skin, known as a callus. It is important to get prompt treatment or there is a risk that the tissue beneath the hard skin will break down into a wound, which will be far tougher to manage.

10 TURN DOWN THE HEAT

Avoid putting anything hot, such as wheat packs and hot water bottles, directly onto your feet, and steer clear of the heater, too. These can all cause serious burns to your skin without you noticing or feeling any pain or discomfort. Make sure you test the water with your elbow rather than your tootsies before having a bath or taking a shower for the same reason.

11 ENSURE THE SHOE FITS

Your feet need to be protected with good shoes. Look for styles that are deeper and broader at the toes. Having shoes properly fitted at a specialist shop, such as The Athlete's Foot, makes sense.

Some private health funds will contribute to the cost. Speak with your podiatrist about the options and ask them to check out your shoes.

12 CUT IT FINE

If your podiatrist says that it's okay for you to cut your own nails, make sure you cut them straight across. Cutting them down the sides can create ingrown nails and cause an infection. Also, don't cut them too short and use a nailfile to file any sharp bits.

13 DRESS IT

Keep some dressings handy in case of a foot injury. Even if it's a minor cut, flush the area without soaking your feet. Then apply a non-adhesive dressing, which can be changed daily. If there's no improvement or signs of infection occur, see your podiatrist or doctor immediately.

14 CHECK HOTSPOTS

An area on your foot that is red, hot to touch and swollen can often indicate an infection or, in some cases, a fracture. Don't delay in getting this checked out because, with impaired blood flow, the ability to heal and the slow delivery of antibiotics can keep it hanging around for longer. And, the longer the duration, the higher the risk of complications. Bear in mind that with poor circulation your feet can often feel cold and the signs may not be evident. If you're unsure, it's best to see your podiatrist or doctor straightaway.

15 GET PHYSICAL

Exercise is great for improving circulation, weight loss, fitness and blood glucose management. If you're walking, make sure you have good shoes that your podiatrist has checked so you don't cause any foot injuries. If you're doing water sports or walking on the beach, wear a pair of soft surf shoes for protection. If mobility is a problem, try exercises from the chair. Also consider other options such as swimming and aqua aerobics. Discuss your exercise ideas with your diabetes healthcare professional.

16 DRY THEM

Damp or sweaty feet can cause skin breaks, and excess moisture between the toes increases the risk of fungal infections. Breaches between the toes and tinea are the most common entry sites for cellulitis – a serious bacterial infection. Dry well between your toes after washing and don't put cream between them. Wear socks or stockings with your shoes to absorb any sweat.

17 HYDRATE THEM

With nerve changes, your skin becomes dryer, so moisturise your feet daily to keep your skin soft and supple. Use sorbolene, and if this doesn't feed the thirst, try an urea-based heel balm. Remember to avoid putting moisturiser between your toes.

18 COVER UP

If you have diabetes, bare feet should be a thing of the past. Thongs and strappy sandals offer little support or protection. A stub to the toe is sometimes the initial insult to cause a potentially dangerous wound. Reduce your risk of injury by keeping your tootsies covered and safe.

19 LEAVE IT TO THE PROFESSIONALS

Don't take matters into your own hands and cut off calluses or corns with blades or other sharp objects, as you may inflict a wound. Putting your feet in a podiatrist's hands should help prevent the problem from recurring. Likewise, corn removal pads contain acids that often inflict burns to the skin and can cause a wound. See your podiatrist to pare the corn.

20 TAKE CONTROL

Aim for optimum diabetes management as well as good overall health to reduce your risk of complications, including those with your feet. Eat a healthy balanced diet and eliminate risk factors such as smoking. ■

WORDS SARAH McCOSKER, LAURA GREAVES; PHOTOGRAPHY GETTY IMAGES

7 NEED-TO-KNOW FACTS ABOUT... diabetes and falls

Living with diabetes means your chance of taking a tumble is significantly higher than average. Find out why, and how to lower your risk.

1 If you have diabetes, your falls risk could be more than 30 per cent higher than someone without the disease. That's according to the results of a 2020 study which found that having type 1 increases the chance of having a fall by 33 per cent, while having type 2 increases the risk by 19 per cent.

2 There are a few reasons why diabetes equals a higher risk of having a fall. One is the complications that go hand-in-hand with the disease, such as experiencing hyperglycaemia or hypoglycaemia. Another reason is that living with diabetes can require using more medication than the general population, with several diabetes medications being identified as having the potential to raise the risk of falls.

3 Diabetes can also affect your bone health. In part, this is due to how the disease itself impacts processes involved in bone formation and turnover, but research also shows that some of the medications commonly used to manage diabetes can reduce bone density, or strength, too.

4 Combined, it helps explain why research shows people with type 1 or type 2 diabetes are at a greater risk of fracturing a bone. In particular, diabetes bumps up the risk of fractures in the hip as well as other parts of the body, with the exception of the spine.

5 A hip fracture can be fatal. More than 95 per cent of them are caused by a fall and one in three people over 50 who fractures their hip dies within 12 months of the incident. For survivors, an increased risk of dying can linger for 10 years post fracture.

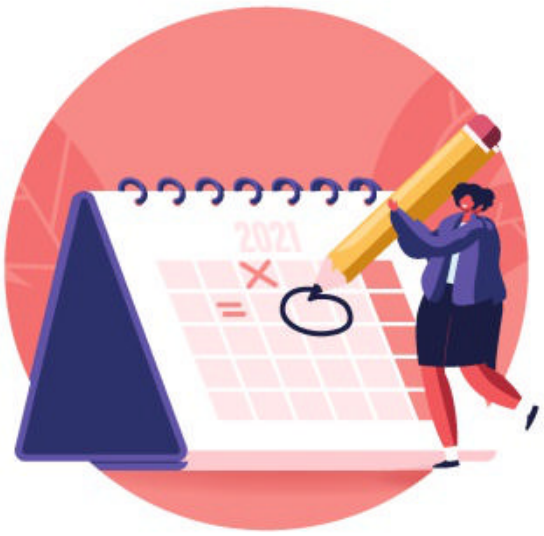
6 Exercise can help protect you against having a fall. Regular physical activity can help maintain or build balance, strength and flexibility, all of which can help you stay on your feet.

7 Take steps to 'fall proof' your environment. Strategies include removing or securing tripping hazards like clutter and rugs and making sure outdoor areas are well lit and free of substances that make them slippery. For more tips, download 'Don't fall for it' for free from health.gov.au. ■

WORDS KAREN FITTALL; PHOTOGRAPHY ADOBE STOCK

20 easy FEEL-GOOD fixes

Like a healthy and happy life? Try these simple ways to put some pep in your step and bring a smile to your dial.



1 DIARISE HAPPY TIMES

Schedule an enjoyable event into your diary once a week – meet a friend or watch a movie. Unless you commit, it's easy to overlook doing it. A US study found that people who write down feel-good activities on a calendar, then look at them in tough times, experience a 90 per cent reduction in stress, as it puts feelings into perspective.

2 Crack a smile

Smile more and you could live longer! A US study has found that big smilers live an average of seven years more than their unsmiling counterparts. Better still, have a laugh. Laughter reduces stress hormones and releases the happy hormones, endorphins and serotonin. Some Zen Buddhists believe that starting the day with a belly laugh has the same calming effect as meditation. It's also been found to reduce food cravings.

"The biological changes we see with moderate, routine exercise are very similar to the changes we see with the constant use of mirthful laughter," says Associate Research Professor of pathology and human anatomy, Dr Lee Berk.

The physiological benefits of a good chuckle have been found to kick in even if you're faking!

3 KEEP TALKING

Phone a friend. A US study has found that people who spend 70 per cent more time talking are the happiest. Interestingly, though, small talk doesn't count. The happy people had twice as many substantive – that's deep and meaningful – conversations than the others studied.

5 Sort health niggles

Make that appointment with a health professional, whether it's for blood sugar swings or foot problems.

Feeling pain leads to feeling blue, Dr Tim Sharp of The Happiness Institute, in Sydney, points out. "Health forms a crucial part of the foundation to happiness. It's hard to be happy if you're literally sick and tired," he says.

"Do whatever you can to be healthy and you'll also boost your chances of being happy," adds Dr Sharp.

4 ENJOY A SPECIAL DINNER

Set the dining table with your favourite linen and tableware, and add candles and flowers. (Strictly no TV!) Such sensory pleasures will make your mealtime feel like a real celebration. And, no matter how simple the food, trust us, a lovely ambience will make it all taste so delicious.

6

EAT WELL

Select a delicious, nutritionally balanced recipe from this issue, then cook it for dinner tonight. You'll be adding a tasty new dish to your cooking repertoire, plus you'll be able to savour the satisfaction of looking after yourself well.

7

PAMPER YOUR FEET

Give your feet a treat. Painful or numb feet can be a common side effect of diabetes. So, between check-ups with your podiatrist, have a soothing foot massage. This will stimulate the circulation in your feet. You could also try a moisturising cream tailor-made for sensitive diabetic feet.

8

PUT THE TWINKLE BACK IN YOUR EYES

Do you have dry, inflamed or misty eyes? This can be a sign of high blood glucose levels. A good reason to check yours and take action if they're elevated. Meanwhile, try some soothing eye drops to ease the discomfort.

9

Sleep your way to bliss

Create a relaxing bedtime routine to boost your chances of having a good night's sleep – a lack of sleep is proven to make you feel blue and also upset your diabetes management, which is a double whammy in the depression stakes. Banish the TV – it stimulates the brain and it will take you longer to go to sleep. Don't overdo bedtime snacks as this will raise your blood glucose levels. Set a regular time for going to bed each evening. Studies have also found that wearing socks to bed reduces the frequency of waking at night. The body does a lot of its repair work between 11pm and 1am, so robbing yourself of sleep during this time can affect your health. Taking melatonin tablets (the same treatment used for jetlag) a couple of hours before bed can also help by regulating the body's time clock. If you suffer from night sweats, check out the sleepwear made from bamboo fibre that feels silky smooth yet breathes like cotton – and it's eco-friendly.

11

SPICE IT UP

Forget about hot chillies making you weep! The truth is, eating chilli triggers the release of the body's natural happy hormones, serotonin and endorphins, which will instantly lift your mood.

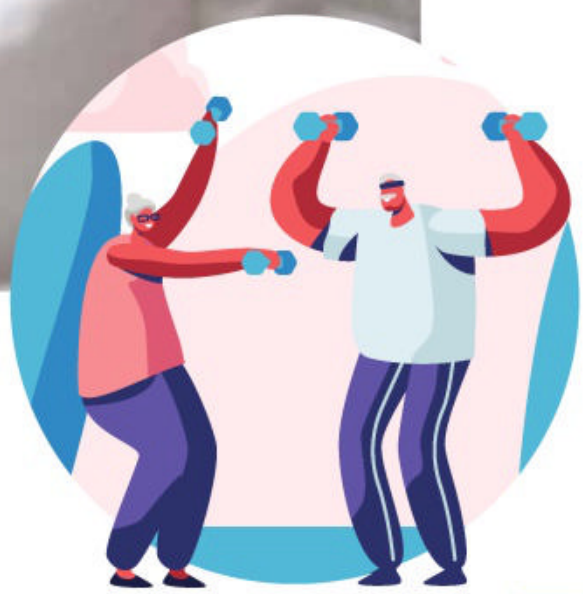
10

USE GOOD SCENTS

Grab yourself a selection of candles, essential oils and soaps that contain orange, grapefruit, lemon, lime, verbena and other citrusy scents, then simply breathe. Psychologist Charles Spence, an expert in sensory perception, says that citrus fragrances uplift the spirits. That's why you'll find them in products such as Origins' Gloomaway bath and body collection and Clinique's Happy perfume.

MOVE IT... 12

Factor a little exercise into your day. Research shows there's a direct link between exercise and happiness. In fact, a US study found that exercise is more effective in treating depression than the antidepressant, Zoloft! So, go for a walk – it will improve your heart rate, energise you and help you regain that 'can do' optimistic spirit.



13 SOOTHE A DRY MOUTH

An irritating dry mouth can be a symptom of high blood glucose. Buy an oral lubricant for lip-smacking relief.

14 Be brave

Stretch yourself. Try a new activity (maybe an exercise class) or pick up the phone and reconnect with an old friend. Or, perhaps do something you've been putting off for a long time, such as seeing your doctor or diabetes educator, if you've fallen out of the pattern. These things take courage. You'll be rewarded with a satisfying surge of accomplishment.

15 TREAT YOUR TOOTSIES

Make sure you have comfortable feet, especially when you have diabetes-related foot pain or numbness, as it is really important to your overall feeling of wellbeing. Stock up on ultra-comfy socks for people with diabetes that have been specially designed to allow better circulation – they have no abrasive seams, non-elasticised tops so they won't cut into your legs and also offer extra sole and heel support. There is a range of brands available from Diabetes Australia shops and online at www.diabetesshop.com

16 Tidy your supplies

Get your life sorted by designating a kitchen drawer to your diabetes supplies. Store your kit in small plastic trays. Keep strips in one tray, alcohol swabs and lancets in another, blood glucose meter in another, and so on. Put a tray in the fridge for insulin pens and vials that need to be kept cool. Ensure your medical info and documents, such as NDSS card, Diabetes Australia membership, health records and contact list for your healthcare team, are in a safe place. This will give you a great feeling of satisfaction. "Satisfaction is also an important part of happiness," says Dr Tim Sharp of The Happiness Institute.

WORDS RUTH COLE; PHOTOGRAPHY & ILLUSTRATIONS GETTY IMAGES, ADOBE STOCK

17

STAY INTERESTED

Keeping your brain active will keep you focused and lift your mood. So, do that daily crossword or Sudoku, organise card games or join a hobby group. Health complications need not spoil your fun. Contact your council or health authority for classes, activities or groups for people who are visually impaired or with mobility or dexterity problems.

18

GIVE YOURSELF MORE GET UP AND GO

Eat a lunch that's high in protein and low in carbs – it will give you more energy in the afternoon. A UK study has found that eating foods such as steak or fish in the middle of the day produces stable glucose levels, which helps relieve afternoon tiredness.

19

HAVE A DIGESTIVE TUNE-UP

Nothing's quite as glum as being bound up inside – and one in four people with diabetes suffers frequent constipation. Try Kellogg's All-bran High Fibre Breakfast Cereal, topped with prunes. Loaded with fibre to soften stools, the cereal makes it easier to pass and helps alleviate constipation. Or add more fibre with two pieces of fruit and a serving of salad. Or help things along with Life Stream's Bowel Biotics+, an all-natural formula to keep you regular. Available from selected pharmacies and health-food stores.

20

Break out of the food rut

Discover a new flavour! Having diabetes doesn't mean detention in dietary prison – there's a wealth of exciting flavours to enjoy. Tried kimchi yet? This fermented cabbage adds zing to any meal while providing your gut with beneficial bacteria. There's also plant-based everything if you get fed up with meat and want to go vego. Or even swapping your usual spud for a sweet golden or purple one that contains 100 per cent of recommended daily intakes of vitamin A & C and is delicious opened and topped with bolognese or baked as wedges.

Heard of quinoa? It's a tasty alternative to rice that's rich in antioxidants and protein. There's the kumato – a green/brown tomato – which is sweeter than its red cousin and loaded with vitamin C. Or, you could skip the spuds and try easy-cook couscous – we're loving the pearl-sized Lebanese variety called Moghrabieh. ■

HAVE YOU HEARD OF **PHIMOSIS?**

For men, living with diabetes bumps up the risk of a urological condition called phimosis. Learn why, what it is and how a new treatment being trialled could be a game changer.

In the 1950s the majority of boys born in Australia were circumcised, but since then, expert medical bodies have agreed that the risks of circumcision performed for non-medical reasons outweigh the benefits. As a result there's been a significant shift away from the procedure and now, fewer than 20 per cent of Australian boys are circumcised.

But uncircumcised penises are at risk of something called phimosis. A condition that may persist from childhood or be acquired as an adult, it's where the foreskin is too tight.

"Phimosis is scarring of the foreskin, which gives rise to many symptoms," says urological surgeon Associate Professor Eric Chung. "Depending on the severity of the condition, a man might not be able to retract the foreskin, causing the collection of smegma which can be odorous and sometimes a source of infection. Phimosis can also be really painful, restricting a man from getting an erection or having sex, and may even result in a potentially malignant, or cancerous, transformation."

Chung says that while no one knows precisely how common phimosis is among uncircumcised men, diabetes is a recognised risk factor, with some research suggesting that diabetes is linked to almost a third of phimosis cases. "One cause of phimosis is infection and diabetes is associated with an impaired immune system which increases the likelihood of a virus being able to colonise the foreskin. But diabetes may also lead to glucose in the urine, which can cause scar tissue to build up."

As far as treatments go, to date the options have included steroid creams and adult circumcision, but a new option is on the horizon. Called Novoglan, it's an Australian-invented product that gently stretches the foreskin to grow new skin cells. "The device is very simple and gentle to use, and depending on the severity of the condition, only takes a few weeks or months of use a few minutes every day to see results," says Chung. He's currently part of a team conducting a world-first clinical trial designed to gather data that will support the inclusion of Novoglan, as a conservative, non-surgical option, on the global clinical treatment guidelines for phimosis. "Once you stretch the foreskin, it permanently becomes nice and loose and easily retractable. Of the people who have undergone the trial so far, four out of five are reporting that it's helped them immensely." ■

KEEN TO KNOW MORE? If you or someone you know is experiencing difficulty or pain in fully retracting the foreskin, you can enquire about taking part in the free Novoglan Foreskin Expander trial. For more information, visit phimosisfoundation.net.au

WORDS KAREN FITTALL; PHOTOGRAPHY ADOBE STOCK

WHAT'S ALL THE FIZZ ABOUT?

Step into a bottle shop and you'll be bombarded with craft beers, wine imports, spirits and a variety of new alcohol-free drinks. DL dietitian, Shannon Lavery, looks at alcohol guidelines and options for people with diabetes. Are alcohol-free drinks more than just bubble and froth?

Alcohol-free beers, wines and spirits

This year has seen a surge in new alcohol-free beers, wines and spirits come on the market. A market segment that was once few and far between with some average-tasting options available, is now a multimillion-dollar category that is rapidly expanding. Made to look, feel and taste the same as the alcoholic version, they are now being stocked in liquor stores, pubs, clubs and restaurants, as well as a flurry of online delivery services. Alcohol-free versions can make an easy substitution when trying to reduce your alcohol intake, particularly in social situations.

THE PROS

- Alcohol-free beers, wine and spirits are obviously missing alcohol, which is kilojoule dense (providing 29kJ/g of alcohol). Therefore, most of these beverages tend to be far lower in kilojoules than the regular alcoholic versions. So, if weight management is a goal of yours this may help shave off a few unwanted kilojoules.
- Some varieties are also fortified with minerals and vitamins which can support good health in a variety of ways. Although, do keep in mind,

a far easier way of getting your nutrients for good health is to eat a balanced and nutritious diet.

- Consumption will not affect your blood alcohol reading or directly worsen your driving ability.
- Alcohol-free drinks do not increase your risk of hypos.
- Most options tend to be cheaper than the alcoholic version, so you will be saving money by making the switch.

THE CONS

- Don't be fooled into thinking these drinks are carb free and won't have an impact on your blood glucose levels (BGLs). Although some are relatively low in carbs, containing around 1 to 2 per cent carbohydrate, others can be almost as high as a regular soft drink at approximately 10 per cent carbohydrate.
- If consumed in large quantities some varieties that are higher in carbohydrate may contribute to high BGLs.
- As with other sugar-containing and carbonated drinks, they can have a negative impact on your weight and oral health and are therefore not recommended as an everyday choice.

This growing trend has been tipped to continue to strengthen in popularity. And it could possibly be key for some to reducing excessive alcohol intake and the risks involved.

Are you drinking too much alcohol?

It's no secret that Australians like a drink, with about 8 in 10 Australian adults choosing to drink alcohol, especially around holidays and social occasions.

The National Health and Medical Research Council (NHMRC), 2020 Australian Guidelines to Reduce Health Risks from Drinking Alcohol recommend healthy adults limit their intake to no more than 10 standard drinks a week and no more than 4 standard drinks on any one day.

When enjoyed in moderation, alcohol can be included safely as part of a healthy lifestyle for most people. However, drinking more than the NHMRC guidelines can increase your risk of numerous health conditions such as obesity, high blood pressure, liver disease and many cancers, such as bowel and breast cancer. Alcohol can also contribute to mental health issues and can increase the chance of getting hurt or hurting others, for example through car accidents, falls and arguments.

Plus, for people living with diabetes alcohol can also make your BGLs harder to manage, causing both high and low BGLs. ➤

What is a standard drink?

A standard drink is not necessarily the size of your glass! Rather it refers to a quantity containing 10g of alcohol.

ALCOHOLIC BEVERAGE	AVERAGE STANDARD DRINK
Light beer	425mL (schooner)
Mid-strength beer	375mL (can)
Full strength beer	285mL (middy)
Wine/champagne	100mL
Fortified wine/port	60mL
Spirits	30mL (nip)
Pre-mixed spirit	285mL (can)

Are you at risk of an alcohol-related hypo?

When you drink alcohol, most of it is metabolised or broken down by the liver. As you may be aware, the liver is also responsible for releasing stored glucose into your blood if your BGLs begin to drop to help reduce the risk of a hypo. Unfortunately, the liver does a poor job of doing both tasks simultaneously and it will prioritise the metabolism of alcohol first.

If you require insulin or certain diabetes medications, and you choose to consume alcohol, you may be at risk of experiencing alcohol-related hypos. Alcohol can often mask the signs of a hypo and can make it harder to treat. And this increased risk of hypo can persist for many hours after you have finished your last drink, which in some cases can lead to life threatening overnight hypos.

Preventing alcohol -related hypos

Making the switch to alcohol-free drinks will eliminate your risk of alcohol-related hypos. If you do choose to drink alcohol, aim to drink responsibly and within the NHMRC guidelines. But there are some additional steps you can take to reduce your risk of alcohol-related hypos:

- Tell your friends and family about your diabetes, and the signs, symptoms, and treatment of a hypo. And as always, it is a good idea to wear some form of diabetes identification and to carry a hypo treatment with you (such as jellybeans or glucose tablets); or if you forget to pack one when you are out and about, remember half a can of regular soft drink or a few sachets of sugar is generally easy to find.
- Never drink on an empty stomach. Aim to have a meal containing adequate carbohydrate before drinking alcohol, or regular

WORDS SHANNON LAVERY (DIETITIAN); PHOTOGRAPHY GETTY IMAGES

carbohydrate-containing snacks while you drink.

- Eat a snack or meal containing low GI carbs before going to bed.
- It may be beneficial to test your BGLs more regularly while drinking alcohol. Check with your diabetes healthcare team on what they would advise.
- Avoid drinking alcohol after vigorous exercise, as this can also increase your risk of hypos.
- Talk with your diabetes healthcare team about your risk and your individual management requirements.

Top picks of alcohol -free beverages

ALCOHOL-FREE BEERS

- UNLTD Alcohol-free Lager – fortified with Vitamin B12, and one of the lowest in energy and carbs.
- Nirvana Classic IPA – another lower energy and carb option.
- Australian Sports Brewing Co. Zero+ Sports Beer Electrolyte Enhanced Pale Ale – fortified with magnesium, potassium, calcium and sodium.
- Baltika Zero Beer – fortified with Vitamin A, B, E. However, be mindful this beer is also one of the highest in energy and carbs.

ALCOHOL-FREE WINES

Some lower energy and carb options include:

- Thomson & Scott Noughty Sparkling Wine
- Opia Sparkling Chardonnay
- Giesen 0% Marlborough Sauvignon Blanc
- Edenvale Verdejo Sauvignon Blanc
- Silhouet' Chardonnay (Light)
- Edenvale Tempranillo Cabernet Sauvignon
- Silhouet' Merlot (Light) ■

HOW DO THEY COMPARE?

AVERAGE CONTENT PER 100ML	ENERGY	CARBS
Full strength beer	152kJ/100ml	2g
Light strength beer	103kJ/100ml	2.3g
Wine	290kJ	1g
Sparkling wine	306kJ	1g
Spirit	892kJ	0.1g

VERSUS

AVERAGE CONTENT PER 100ML	ENERGY	CARBS
Alcohol-free beer	80kJ/100ml	4g
Alcohol-free wine	91kJ	5g
Alcohol-free sparkling wine	102kJ	6g
Alcohol-free spirit	30kJ	0.5g

"I COULD ONLY CONTROL WHAT I DID NEXT"

After living with type 1 diabetes for 38 years, **Susanne Mitchell** received another life-changing diagnosis in March when a routine eye check-up showed she'd developed diabetic macular oedema. It's been both terrifying and, eventually, a chance to take stock.

Being told I needed to have injections into both of my eyes was the most terrifying moment of my life.

"Two weeks earlier, I'd gone for my annual eye check, expecting to hear it was all clear and was instead given the news that the vessels in the back of my eyes were leaking. I had diabetic macular oedema or DME.

"It was 5pm on a Friday evening and I couldn't get an appointment with a specialist until the following week. I sat there and just thought 'this is it. I won't be able to see'. I spent that weekend doing everything with my eyes closed, imagining and trying to work out how I'd manage once I lost my sight. It was very confronting.

"In the 10 days between my first and second specialist appointments, I looked at everything, trying to assess my eyesight. I realised the colour in a painting I had was dulled and murky and when I looked at text messages, it looked like someone had dropped water all over the letters. That was due to the swelling caused by the leaking vessels. It was affecting the macular in both eyes, making things distorted. Without something to stop it, my eyesight was going to get worse.

"I was in shock. Suddenly it was real and I blamed myself for managing my diabetes poorly, until I realised that was a waste of time. I couldn't go back and change anything. The only thing I could control was what I did next."

Back to the beginning

"I was 13 when I found out I had type 1. I'd been feeling unwell, lost a lot of weight and was extremely thirsty. One day I felt so awful I took myself to the doctor. I'd had enough and I knew I wasn't well. He tested my blood sugar and immediately said 'you have diabetes'. I was taken to hospital and stayed for about three days while they stabilised my levels and taught me how to inject insulin.

"The thing is, you don't want to be different as a teenager, so I ignored it and was pretty slack about testing my blood sugars. I injected two times a day and ran my sugars high to avoid hypos.

"It wasn't until I fell pregnant with my first child when I was 27 that things changed. Suddenly, it wasn't just my body, I had a responsibility to bring this child into the world healthy and alive.

"So I didn't really manage my diabetes until I was pregnant, which was 15 years into my disease. With both my pregnancies I had some retinopathy in the back of my eyes and my specialist said he wouldn't want to see me having more children due to that. But it righted itself after my babies were born, who were both really healthy.

"Since then, I've lived with diabetes without any major side effects until this year, which is lucky, considering how I managed it in my youth. Now I wear an insulin pump and that makes it easier to manage levels, but it's a constant reminder. There's never a day or hour off from this chronic disease."

Facing the fear

"It wasn't just the idea of physically having injections into my eyes that was scary, there was also a risk of infection and even retinal detachment, both of which meant I'd lose my sight. But the injections

AS TOLD TO KAREN FITTALL; PHOTOGRAPHY ELLA MITCHELL, STANISTREET CREATIVE

of a drug called Eylea were also my best chance of halting the damage that DME was causing, damage that would also steal my vision if I didn't do anything. Ten minutes later, I was in surgery, terrified I would walk out blind. I shook all the way through the first procedure and for an hour or two after it.

"I've continued to have monthly injections and my latest scans show some improvement. My distance vision has been preserved, so I can still drive, and while my close-up vision is impaired, part of that is a side effect of the injections rather than the DME itself. It means I need to wear reading glasses all the time now but who cares? I can still see and I'm so grateful for that.

"It's been incredibly tough and my mental health dived after I was told I had DME. I experienced some of the darkest hours of my life.

"My monthly eye scans and injections make me anxious, but I am more positive now. I've also been reminded that life is precious.

"Since my DME diagnosis, I've started to do stuff on my bucket list.

"I live more consciously in the moment, grateful that I can still see."

Susanne Mitchell is an author. Visit susanne-mitchell.com for more. ■

"I live more consciously in the moment, grateful that I can still see."

"The tighter my levels can be,

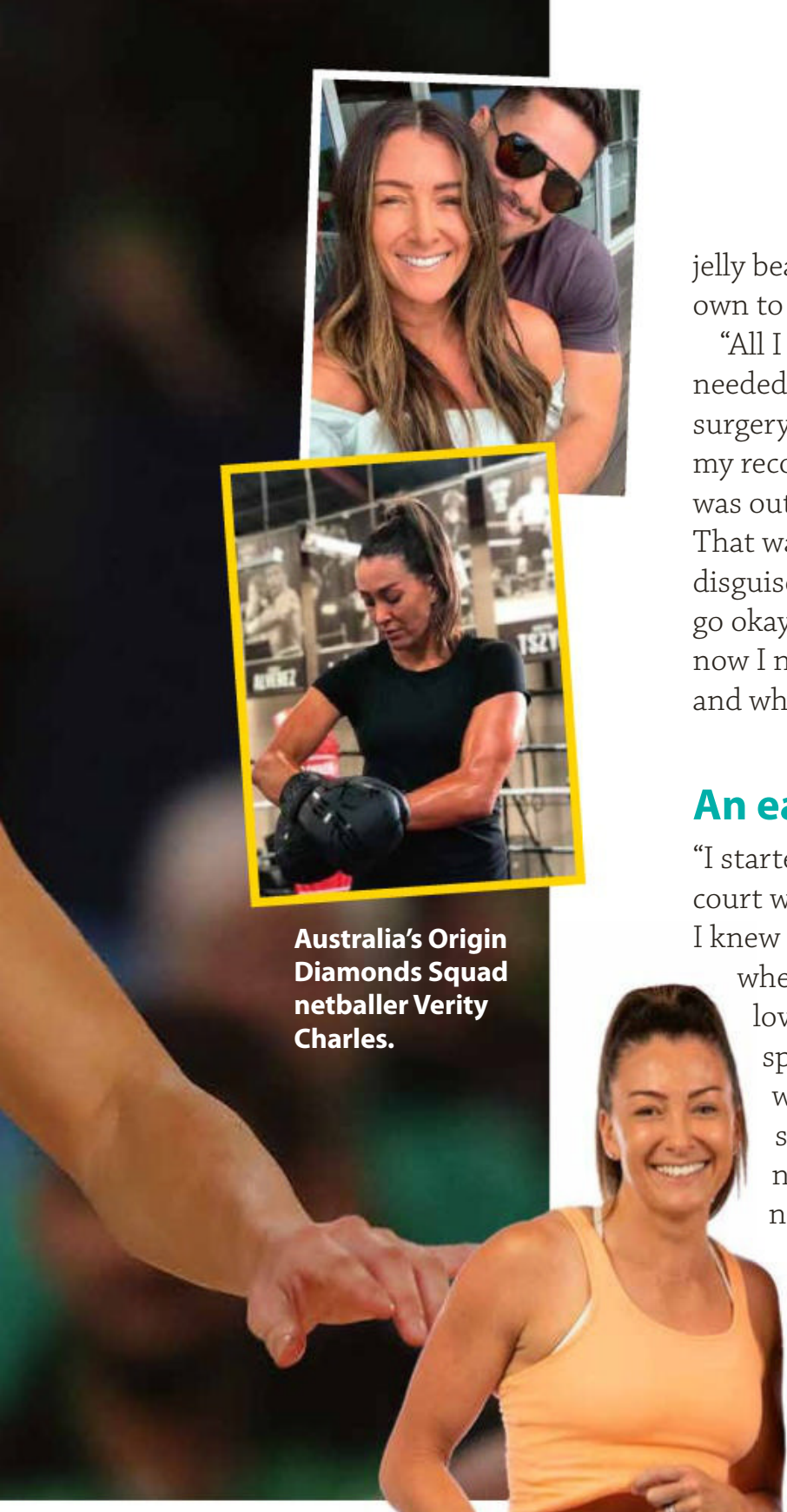
THE MORE SUCCESSFUL I AM ON THE COURT."

Professional netballer **Verity Charles** discovered she had type 1 diabetes 13 years ago, when she was 17 years old. A member of Australia's Origin Diamonds Squad and described by her West Coast Fever teammates as the heart and soul of the team's midcourt, she's refused to let her diagnosis hold her back and has just enjoyed one of her most successful seasons yet.

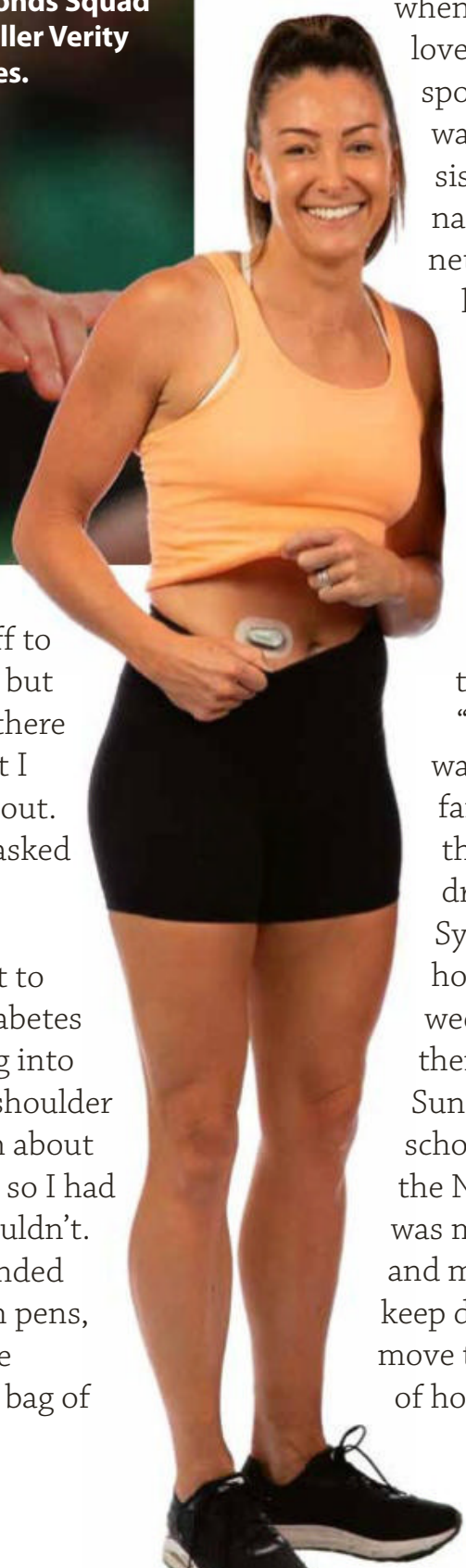
"When my doctor told me I had diabetes, my first two questions were, can I keep playing netball? And can I still eat chocolate?

"I'd gone for a check-up after my good friend's grandparents, who I was living with at the time, said to me, 'I think we need to take you to the doctor because we've seen how much water you're drinking, it's crazy'. I had a great check-up and everything was fine, but two hours later I got a phone call that I needed to go back.

"Now, when I look back, things start matching up. I was pretty up and down at training and once I actually passed out in the change room after a game. At the time, I



Australia's Origin Diamonds Squad netballer Verity Charles.



jelly beans and I went off on my own to figure it out.

"All I knew was that my levels needed to be under 15 to get surgery, so I managed that. I got my reconstruction done and then I was out for six months doing rehab. That was actually a blessing in disguise because it gave me time to go okay, I've got this disease for life, now I need to work out what works and what doesn't."

An early love affair

"I started running around a netball court when I was five years old and I knew I wanted to be a netballer when I grew up. I absolutely loved it. I played a lot of other sports too, but with netball, I was playing alongside my sister in the same team, my nan and my mum watched netball 24/7, and my family loved the game. I was almost born into netball

"I remember being in a classroom at school and a teacher said 'Verity, you need something else in your life, you can't just rely on netball' and I was like 'no, I'm going to make it – this is what I'm going to do'.

"When I was 15 years old, I was living in Grafton with my family on a farm. It got to the point where Mum was driving me from Grafton to Sydney, which took nine hours back then, every weekend so I could train. And then we'd drive back on Sunday night so I could go to school. It was nuts. I was with the NSW Institute of Sport, I was missing a fair bit of school and my coaches said 'Verity can't keep doing this, she needs to move to Sydney'. So I moved out of home to the big smoke at 15."

A game changer

"I'm someone who's determined so I've always approached diabetes thinking I'll manage this, I'll control this, but I'd be lying if I said there's never been a few doubts.

"The first Super Netball grand final I played in, I was so nervous and I couldn't get my levels down. I walked into that game thinking I wasn't sure how I was going to go. You have to be careful because you start seeing all the girls around you who don't have to worry about that.

"A game changer for me was when I started using a continuous glucose monitoring device. I switched to a Dexcom G6 from the original blood glucose monitor I was given when I was 17, so went from finger pricking to being able to monitor my levels around the clock.

"You don't have much time to finger prick and check your levels at quarter time during a game while you're trying to listen to the coach, get some water in and talk to teammates. Now, I only have to look at my phone, or the doctor or sports physio on the sidelines. All the girls on my team are aware of it too, and will be like 'Vez, your levels are 5.7, good work'.

"I've never been ashamed or embarrassed about having diabetes, but it's usually something you do on your own. I love that the girls get around it and want to know my numbers. And I've had so many people on Instagram asking me about it, so it's definitely generated a conversation. Anything that gets diabetes out there more, I'll take it.

"When I look back over the last two years of using CGM I think wow, I'm playing a lot better and I got myself into the Australian team last year, which was incredible. Is it a coincidence or not? I think my health has played a huge role. The tighter my levels can be, the more successful I am on the court." ■

just wrote it off to being fatigued but now I can see there were signs that I had no idea about.

"My doctor asked me to go into hospital for a two-week stint to learn about diabetes but I was going into hospital for a shoulder reconstruction about five days later, so I had to tell him I couldn't. He literally handed me two insulin pens, a blood glucose monitor and a bag of

WORDS KAREN FITTALL; PHOTOGRAPHY VERITY CHARLES, GETTY IMAGES

Strong muscles are the key to fending off frailty as you age, but lifting weight doesn't need to be hard

stay strong AND break-free

Pressing the lift button instead of taking the stairs may seem a no-brainer when you're rushing from A to B, but it's an example of the kind of everyday choice that can put you on the path to early frailty and fragile health.

"Unless you have an injury, avoiding the stairs is one of the worst things you can do as you get older.

This is because climbing stairs helps maintain muscle strength," explains exercise physiologist Professor Robin Callister of the University of Newcastle's Discipline of Human Physiology.

Seizing the stair option gives you an opportunity to work your leg muscles, while hopping in the lift gets a firm thumbs down because, says Professor Callister, it's an example of how the way we live causes our muscle strength to dwindle.

Strong muscles are unsung heroes when it comes to fending off frailty. We know all about keeping bones strong to avoid fractures, but it can also be loss of muscle – known as sarcopenia – that leads to falls that snap bones. Yet just as our superannuation helps keep us financially sound, strong muscles safeguard our functional security, keeping us active and independent, whatever our age.

According to Professor Callister, as we get older, it can be easy to get stuck in a strength-sapping cycle that goes something like the following:

- You gradually become less active, losing some of your muscle as a result.
- Because weaker muscles make any physical activity harder, you do even less.
- Muscles get weaker and weaker and, before you know it, it's an effort to get to the mailbox.

The bottom line is, if we do nothing to maintain it, we can lose as much as 40 per cent of our muscle by the time we're in our sixties, fast-tracking our way to infirmity, she says.

"You don't end up in a nursing home because you're old, it's often because you're not fit," points out Associate Professor John Ward, clinical leader in aged care with the Hunter New England Health Service. "My mantra is that you can cope with old age and even obesity as long as you stay fit and maintain your muscle strength. Loss of strength, on the other hand, affects your quality of life – physical activity becomes too much of an effort, the weight goes on and both these things accelerate ageing."

WHY MUSCLE MATTERS

Strength maintenance is especially important for anyone who has diabetes or is carrying excess weight around the waistline. Both conditions can fast-track muscle loss as we get older, according to Dr Ward. To understand why, it helps to know that fat around the middle doesn't just sit there straining at your waistband – it's active tissue that misbehaves, producing harmful chemicals, called cytokines, that are the enemy of muscle.

"With muscle loss, disuse is a big factor, but there's also the effect of these inflammatory chemicals, which can eat away at the muscle. High levels of blood glucose can increase the production of these chemicals," explains Dr Ward.

"There is probably no condition where exercise is as important as it is with diabetes, because active muscles take up more glucose," points out Professor Callister. "Even though drugs are good for managing glucose control, it is a disaster if we rely entirely on medication instead of using our bodies, too."

As for dieting, that's another way to sacrifice strength if you don't exercise as well. You may lose weight, but it's likely to be muscle, not fat, adds Professor Callister.

What are the signs that muscle strength is waning? Difficulty getting out of a lounge chair is one. If you need to push yourself off from the arms of the chair to get up. Or, struggling to climb stairs is another sign, says Dr Ward.

"Women tend to be more at risk of sarcopenia than men. They start off with less muscle than men and because they also have a tendency to store more fat, they may also produce more of the cytokines that damage muscle," explains Dr Ward.

IT'S NEVER TOO LATE TO START

The good news is that it's never too late to start building up muscle strength, regardless of your age.

Ideally, though, it's best to start in your mid-forties when muscle mass starts to decline significantly.

Once you've started, it can take just six weeks to see an improvement of up to 20 per cent in your muscle capabilities, says Dr Ward. Studies have found that intense programs of strength training can help even frail older people double their strength, as well as enable them to walk faster and climb stairs more easily. And muscle isn't all you gain – strength training can help combat osteoarthritis, depression and risk factors for heart disease and diabetes.

Dr Ward's advice for good all-round fitness and strength is:

- At least 30 minutes of aerobic exercise, such as walking, cycling, jogging, swimming or playing golf each day.
- Around 15 minutes of strength training every other day.
- Balance exercises, such as tai chi, also help to reduce falls.

Along with strength-training sessions, it's important to keep your muscles working every day, stresses Professor Callister. Movements like squatting, when gardening or cleaning, for instance, and walking up steps help maintain muscle power, as well as strength.

"Muscle power is important when you need to use strength quickly – for example, if you need to hop onto a bus or recover from a stumble that could result in a fall," she says.

HOW DO YOU GO ABOUT IT?

Try the following ways to build up muscle strength.

Gym classes

Ignore anyone who says gyms are peopled only by the young, the lean and Lycra-ed - there are people of all ages and sizes. In many gyms, you can opt for casual sessions or a month's membership so you can try before you buy. An instructor can teach you how to work with weights or you can join classes that focus on strength. There are also female-only gyms. Dr Ward recommends the gym chain Curves, which specialises in 30-minute exercise sessions that incorporate strength training.

Programs for strength training

There are strength-training programs for the over fifties run by the Council on the Ageing (COTA), including Victoria and Western Australia's Living Longer Living Stronger programs, and South Australia's Strength for Life program. To find out more about programs in your area, visit www.cota.org.au or call COTA Australia on (02) 6154 9740. Or contact your local community health service.

Home workout

You can do strength exercises at home using hand weights or resistance bands, which are like giant elastic bands that help you build strength. Both weights and bands are available from sports stores. It's best to get advice on technique first from a qualified instructor at a gym or community exercise program, a personal trainer or an exercise physiologist. Queensland Health has online videos for DIY strength and fitness programs at www.healthier.qld.gov.au/healthy-living/fitness.

Exercise physiologist

Exercise physiologists prevent and treat health problems using physical activity programs. Anyone with a chronic condition, such as heart disease, diabetes or arthritis, may be eligible for Medicare rebates for sessions. Your GP can tell you more.

Protein and vitamin D

Are your muscles getting enough? The best way to maintain muscle is to use it, but it's also important to get enough protein (for example, meat, fish, legumes and dairy) in your diet. And you need to eat more protein once you reach 70, according to the National Health and Medical Research Council. Adult men under 70 need around 0.84g of protein daily for each kilo of body weight, while women require around 0.75g. After 70, men need 1.07g of protein per kilo daily and women around 0.94g. A dietitian can advise you on the types and quantity of protein that best suit your needs. Sufficient vitamin D is important for muscles as well as bones – it helps us absorb calcium, which activates muscle, says Professor Callister. While regular exposure to sunlight (up to 25 minutes a day, before 10am and after 3pm, to avoid strong UV) is our most accessible source, taking supplements may be an option for some. Ask your doctor for advice. ■

WORDS PAULA GOODYER; PHOTOGRAPHY GETTY IMAGES, ADOBE STOCK

YOUR PUZZLES

Grab a cuppa and a comfy chair – it's time to put your brainpower to the test.

CODE CRACKER

Each number in the grid represents a different letter of the alphabet and it's your task to decode them all. We have given you three letters to start you on your way, so you can see that M=12, Y=14, and T=18. You can record each letter as you work it out in the letter checker at the bottom of the grid.

16	15	26	8	15	13	■	4	11	16	25	20	15	7	■	7	25	12	2	13	14
■	11	■	24	■	11	■	13	■	20	■	26	■	10	■	25	■	15	■	23	■
2	25	13	25	■	17	20	25	13	13	■	7	13	23	15	26	■	7	11	18	14
■	13	■	25	■	20	■	25	■	21	■	13	■	24	■	18	■	15	■	10	■
5	11	12	2	13	23	■	2	13	15	18	23	15	20	■	23	26	5	24	15	2
■	■	20	■	■	22	25	23	■	24	■	■	■	4	25	9	■	■	■	24	■
21	15	8	22	13	14	■	24	20	11	26	25	20	6	■	18	5	15	26	21	14
■	24	■	20	■	■	■	■	■	18	■	16	■	■	■	■	■	26	■	11	■
15	12	25	24	15	13	■	2	15	14	12	23	26	18	■	11	26	8	20	7	23
■	15	■	■	■	20	26	11	■	■	■	24	■	20	24	26	■	■	2	■	■
15	8	1	25	11	26	■	7	15	18	23	24	23	24	■	22	13	23	6	10	14
■	11	■	3	■	15	■	15	■	20	■	20	■	26	■	15	■	26	■	23	■
20	13	26	15	■	18	11	8	15	13	■	13	11	3	23	26	■	8	20	26	3
■	13	■	2	■	11	■	25	■	11	■	23	■	23	■	7	■	25	■	7	■
19	25	8	11	15	7	■	24	15	2	11	8	13	14	■	14	15	5	26	23	8

1	2	3	4	5	6	7	8	9	10	11	12 M	13
14 Y	15	16	17	18 T	19	20	21	22	23	24	25	26

SUDOKU

Place the numbers 1-9 in each horizontal and vertical line, noting each number can only appear once in each of the nine 3 x 3 squares.

		5					8	3
					6			
			9	7			6	
						7		
	1		8					2
	9						4	6
6		9			2			
2				3	9			
	8		1		5			

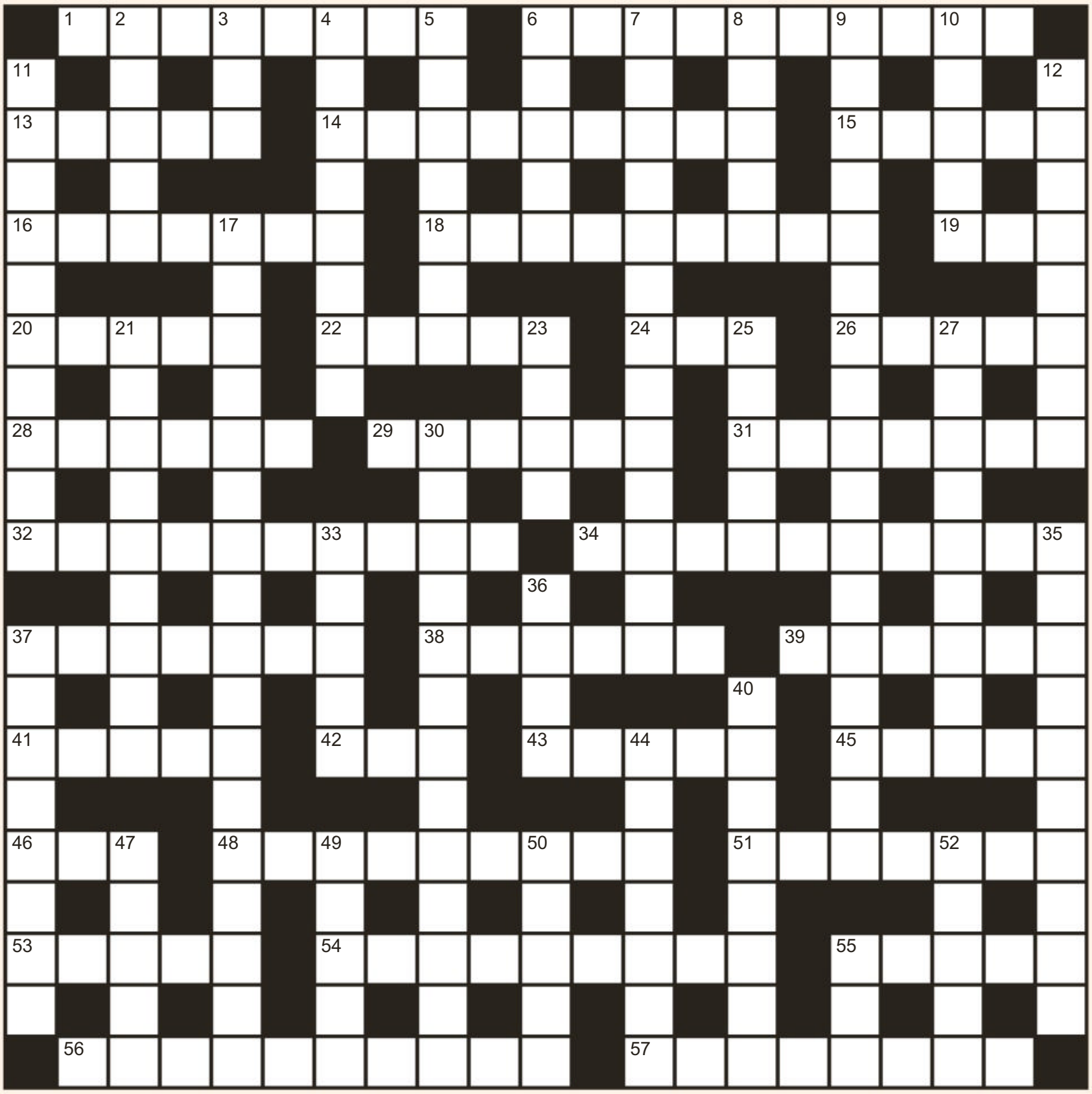
CHUNKY CROSSWORD

Sharpen your pencil and show what you know.

For solutions, see page 126.

ACROSS

1 Dead end street, blind alley (3-2-3)
6 Hateable (10)
13 Driving manoeuvre (1-4)
14 Former name of St Petersburg (9)
15 Dye (5)
16 Gastronome (7)
18 Part of a larger thing (9)
19 -- carte, from the menu (1,2)
20 Peruses (5)
22 Stares at (5)
24 Simple command to a dog (3)
26 Not censored (5)
28 -- Hawn, star of *Death Becomes Her* (6)
29 Disgusting (6)
31 Violent demonstrators (7)
32 Recreate (10)
34 Magazine, journal (10)
37 Asphalt (7)
38 Russian currency unit (6)
39 Medical centre (6)
41 Trunk, midsection (5)
42 Which person? (3)
43 Healthy staple that's good for digestion (5)
45 Coral island (5)
46 Frequently (3)
48 Communion offering (9)
51 Guarantees (7)
53 Meat on a skewer (5)
54 Event of three sports (9)
55 Tight-fisted person (5)
56 Capital of Denmark (10)
57 Curb (8)



DOWN

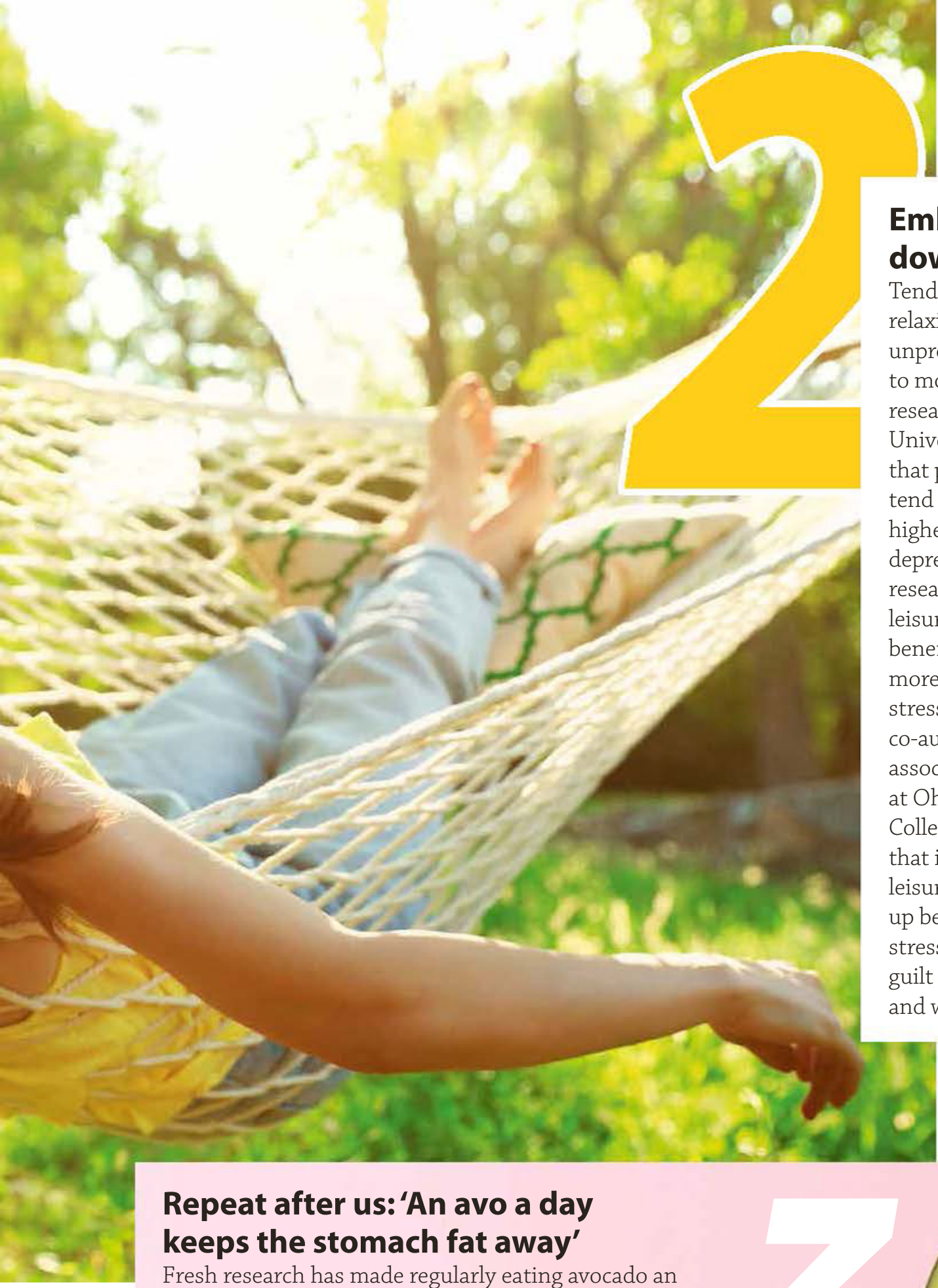
2 Australian landmark once known as Ayers Rock (5)
3 Karate proficiency level (3)
4 Answer (8)
5 Cone shaped (7)
6 Jeans material (5)
7 Cat colour with black and brown and cream (13)
8 -- *(The Cleaning Lady)*, Johnny Farnham hit (5)
9 1964 spaghetti western film starring Clint Eastwood (1,7,2,7)
10 Tripoli's country (5)
11 Small Australian domestic parrot (10)
12 Boat race events (8)
17 Tom Cruise action film franchise (7:10)
21 Crocodile relative (9)
23 Dot (4)
25 Mrs Irwin (5)
27 Increase in intensity of music (9)
30 Worsening (13)
33 Modernise (5)
35 Dull (10)
36 Large bay (4)
37 Backside (8)
40 Daubs with colour again (8)
44 Struggler against heavy odds (7)
47 Forbidden (5)
49 -- a cold, come down with the sniffles (5)
50 -- John, singer (5)
52 Valentino --, motorcycle racer (5)
55 Former Russian space station (3)

Big changes start with simple steps. Try these ideas to help improve your wellbeing.

FEEL BETTER IN FIVE

1 Put walnuts on the menu

Packed with alpha-linolenic acid, the plant-based omega-3 essential fatty acid, a new study has added more weight to the idea that walnuts are a heart-healthy addition to your pantry. Performed over a two-year period, the research shows that eating walnuts daily not only decreases levels of total cholesterol, it also lowers levels of LDL cholesterol, the type that's often referred to as 'bad' thanks to the way it collects in the walls of blood vessels, which increases the risk of heart attack and stroke. The researchers behind the finding add that, according to their study, this benefit occurred minus any unwanted weight gain despite walnuts containing a hearty serve of healthy fats. So, how many walnuts shoud you eat to lower cholesterol? Researchers suggest half a cup of walnuts a day seems to give best results.



2 Embrace your downtime

Tend to think of time spent relaxing or doing nothing as unproductive? It might be time to move your mindset after researchers at Ohio State University in the US discovered that people who think that way tend to be unhappier and have higher levels of stress and depression. “There’s plenty of research which suggests that leisure has mental health benefits and that it can make us more productive and less stressed,” says Selin Malkoc, co-author of the study and associate professor of marketing at Ohio State University’s Fisher College of Business. “But we find that if people start to believe that leisure is wasteful, they may end up being more depressed and stressed.” So embrace downtime, guilt free. Your mental health and wellbeing will thank you.

3 Repeat after us: ‘An avo a day keeps the stomach fat away’

Fresh research has made regularly eating avocado an even better idea than it already was. When women did that daily for 12 weeks as part of a University of Illinois study, it triggered a reduction in stomach, or visceral fat, redistributing it away from the organs. That’s good news given that fat stored around the abdomen bumps up the risk of heart disease, breast cancer and type 2 diabetes. “The goal wasn’t weight loss,” says the study’s author, Naiman Khan. “We were interested in understanding what eating an avocado does to the way individuals store body fat. What we learned is that a dietary pattern that includes an avocado every day impacted the way individuals store body fat in a beneficial manner for their health, but the benefits were primarily in females.” To reap the reward, the study recommends eating one meal a day with avocado as a key ingredient.

Add flavour with flavonoids

It's no secret that antioxidants deliver health perks but when it comes to protecting your memory skills, new research suggests it pays to choose your antioxidants wisely. The study, published in the American Academy of Neurology's online journal, found that people who have the largest intakes of antioxidants called flavonoids reduce their risk of age-related cognitive decline by 20 per cent. That's good news because flavonoids are naturally occurring compounds found in plants and as a result, are present in a wide range of fruits and vegetables, everything from oranges and apples to peppers and celery. The researchers say two specific types of flavonoids are particularly important for protecting cognitive skills: flavones, found in yellow or orange fruits and vegetables, and anthocyanins, found in blueberries, blackberries and cherries. The best news is that it's never too late to start, after the research revealed a protective relationship whether people had been eating flavonoids for 20 years or had only started more recently.

5

Go green when you clean

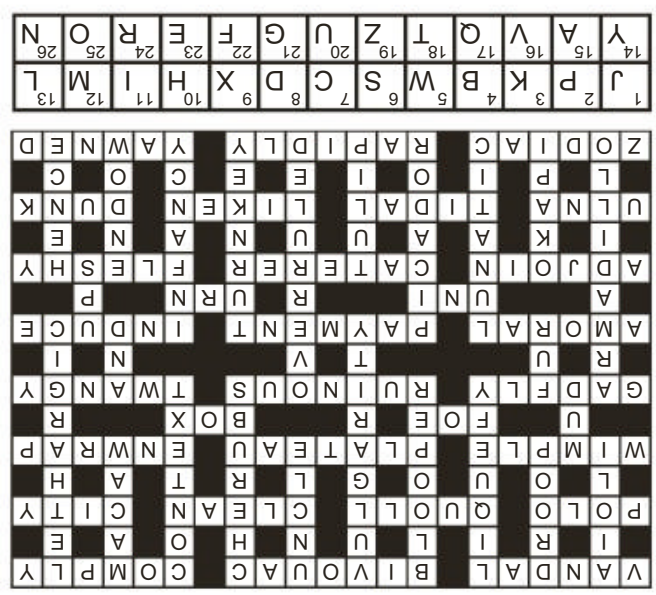
It's not just the environment that stands to benefit when you ditch those conventional cleaning products in favour of 'greener' ones. New research suggests it's a switch that effectively reduces your exposure to a variety of toxic chemicals, too. In fact, just by replacing conventional products with those that are more environmentally friendly, you'll lower your exposure to 17 different chemicals, some of which have been linked to causing cancer and disrupting hormones. And the reduction in exposure is significant, up to 86 per cent in the case of some chemicals. Where you can't or don't want to 'go green', the researchers advise taking other steps to reduce exposure to chemicals, including opening up windows and doors, wearing gloves and not mixing cleaning products, which could potentially react to form even more risky chemicals. ■

WORDS KAREN FITTALL; PHOTOGRAPHY GETTY IMAGES, ADOBE STOCK

Turn upside down for puzzle solutions

puzzles solutions

Code Cracker



Sudoku

7	6	5	2	1	4	9	8	3
9	4	8	3	5	6	1	2	7
1	3	2	9	7	8	5	6	4
8	2	4	6	9	3	7	1	5
5	1	6	8	4	7	3	9	2
3	9	7	5	2	1	8	4	6
6	5	9	7	8	2	4	3	1
2	7	1	4	3	9	6	5	8
4	8	3	1	6	5	2	7	9

Crossword

Across: 1 Cul-De-Sac, 6 Detestable, 13 U-Turn, 14 Leningrad, 15 Imbue, 16 Gourmet, 18 Component, 19 A La, 20 Reads, 22 Ogles, 24 Sit, 26 Uncut, 28 Goldie, 29 Odious, 31 Rioters, 32 Regenerate, 34 Periodical, 37 Bitumen, 38 Rouble, 39 Clinic, 41 Torso, 42 Who, 43 Fibre, 45 Atoll, 46 Oft, 48 Sacrament, 51 Assures, 53 Kebab, 54 Triathlon, 55 Miser, 56 Copenhagen, 57 Restrain.

Down: 2 Ulura, 3 Dan, 4 Solution, 5 Conical, 6 Denim, 7 Tortoiseshell, 8 Sadie, 9 A Fistful Of Dollars, 10 Libya, 11 Budgerigar, 12 Regattas, 17 Mission: Impossible, 21 Alligator, 23 Spot, 25 Terri, 27 Crescendo, 30 Deteriorating, 33 Renew, 35 Lacklustre, 36 Gulf, 37 Buttocks, 40 Repaints, 44 Battler, 47 Taboo, 49 Catch, 50 Elton, 52 Rossi, 55 Mir.

BREAKFAST & TOPPERS

60 Avocado & strawberry smoothie
60 Breakfast naan
59 Chickpea, red pepper, egg & feta hash
61 Homemade muesli with oats, dates & berries
58 Leftover porridge pancakes
58 Mexican beans & avocado on toast

LIGHT MEALS, SNACKS, SIDES & STARTERS

65 Banana bread
65 Carrot cake muffins
40 Chilled cucumber, dill & yoghurt soup
29 Corn, capsicum & mint rice salad
36 Curried parsnip soup shots
35 Grilled eggplant stacks
54 Herb and garlic potato salad
29 Mango, avocado & spinach salad
28 Marinated chilli & lime prawns
39 Mini avo toasts
64 Muesli & honey biscuits
55 Next-level potato salad
28 Orange & honey roast turkey with cranberry sauce
37 Roasted salmon rye toasts
34 Sesame chicken & prawn skewers
54 Sriracha & lime potato salad
38 Steak lettuce cups

MAINS

21 Bun cha with sizzling meatballs
50 Butternut korma with mini naans
19 Chicken piccata with garlicky greens & new potatoes
43 Chicken salad with yoghurt onion dressing
50 Egg fried noodles
19 Hot smoked salmon salad with chive buttermilk dressing
20 Lentil salad with tahini dressing
46 Roasted cauliflower cheese pizza
42 Sesame and yoghurt crusted lamb
51 Spinach ball lasagne
18 Sweet potato jackets with stir-fried beef & beans
49 Vegie Bolognese
49 Vegie fajitas

DESSERTS

30 Baked ricotta & berry cheesecake
71 Cherry jelly with sour cherry almond biscotti
71 Creamy strawberry pots
68 Fruits of the forest cookie "pizza"
68 Strawberry rose mille feuille

DRINKS

28 Pimms & ginger punch

KEY Freezable · Gluten free · Gluten-free option · Vegetarian · Lower carb · Lower-carb option

COOKING All our recipes are designed for a fan-forced oven. If you have a conventional oven, you'll need to increase the temperature by 10-20°C, depending on your oven. All recipes are tested in a 1000W microwave oven.

FREEZING Pack individual serves into airtight containers. Label with the recipe name and date. Main meals will generally freeze for three to six months, with three being optimal. To reheat, put the dish in the fridge overnight to defrost (never leave it on the bench overnight) or defrost on low/30% in the microwave. Reheat on the stove, in the oven, or microwave it on medium/50%, depending on the dish.

GLUTEN FREE When a recipe ingredient is tagged 'gluten free' it may either be branded gluten free or gluten free by ingredient – please check the label to ensure the product is suitable for you. **Note:** Some spices carry a 'may contain' statement. It is important to check the label of packaged products to ensure they are gluten free.

LOWER CARB When a recipe is tagged 'lower carb' it means it is less than 2 carb exchanges for a main or light meal and less than 1 carb exchange for a snack or dessert. This may be beneficial for people who are trying to control their type 2 with diet and/or medication. If you are on insulin and planning to follow a lower-carb diet, speak to your care team first.

LOWER-CARB OPTION When possible we will provide an ingredient substitution from the main recipe to reduce the carbs to less than 2 carb exchanges for a main or light meal and less than 1 carb exchange for a snack or dessert.

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Alix

Alix Davis, Editor

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STAR POWER

Enjoy a lower-carb classic Christmas treat with these sweet fruit mince pies from The Fast 800

GF

FRUIT MINCE PIES

SERVES 10 (AS AN OCCASIONAL DESSERT)

PASTRY
½ tbsp chia seeds (about 5g)
1 egg
2 tsp apple cider vinegar
100g almond meal
40g coconut flour
¼ tsp salt
½ orange, zest
100g butter, at room temperature
60g cream cheese, at room temperature

FRUIT MINCE
2 green apples, (not peeled) cored and diced into 0.5cm cubes
1 tsp cinnamon
1 tsp all spice
1 tsp nutmeg
½ tsp ground cloves (or 4 whole cloves)
40g dried unsweetened cranberries
40g currants
40g mixed peel
2 tsp grated root ginger (about 4cm)
1 tbsp water
1 extra egg for egg wash
Olive oil or extra butter for greasing

1 Make the pastry: in a clean spice grinder or mortar and pestle, grind the chia seeds into a flour. In a small bowl, lightly whisk chia flour, egg and apple cider vinegar together. Set aside.

2 In a large bowl, combine almond meal, coconut flour, salt and orange zest. Chop the butter and cream cheese into chunks and work these through the flour mix with your fingers until it forms a dough. Add the egg to the dough and mix until just combined - it may seem too wet for pastry, but the excess moisture will be absorbed as the pastry rests. Cover the dough and refrigerate for at least an hour, but preferably overnight.

3 Make the fruit mince: In a pot over very low heat, add all ingredients and allow to stew with the lid on for 35-40 minutes - stir regularly. The apple pieces should still be holding their shape. Refrigerate the fruit mince mixture so it cools completely.

4 Make the fruit mince pies: Preheat the oven to 170°C fan forced/190°C. Generously grease a muffin tray with butter or olive oil.

5 Working quickly so that the dough stays cold, press portions of the dough into the tart wells so it's about ½ cm thick on the base and sides. Make about 10 pies - there should be some pastry leftover for the tops. Scoop the fruit mince evenly across all pastry cases.

6 Roll out the remaining pastry between two sheets of baking paper and cut star shapes. Top your pies with the pastry stars and press them on gently. (Optional) Lightly whisk another egg and brush over the top.

7 Bake for 10 minutes, rotating halfway, until the pastry looks golden. Allow to cool before serving so that the pastry sets.

Nutrition info

PER SERVE 983kJ, **protein** 5g, **total fat** 18g (sat. fat 8g), **carbs** 13g, **fibre** 4g, **sodium** 103mg • **Carb exchanges** 1 • **GI estimate** low • **Gluten free** ■

RECIPES & PHOTOGRAPHY THE FAST 800; ADDITIONAL INFORMATION ALISON ROBERTS, SHANNON LAVERY (DIETITIAN)

Lose Weight and Reverse Diabetes

For many people, type 2 diabetes can be reversed.

According to the University of Leicester in England, remission of type 2 diabetes is diagnosed when a person with confirmed type 2 diabetes has achieved all three of the following criteria:

1. Weight loss
2. Fasting plasma glucose or HbA1c below the WHO diagnostic threshold (<7mmol/l or <48mmol/mol, respectively) on two occasions separated for at least 6 months
3. The attainment of these glycemic parameters following the complete cessation of all glucose-lowering therapies

Carrying excess weight can change the way your body reacts to Insulin. The university maintains for remission to occur, weight loss of between 10% and 15% of your starting weight is needed. People who have had diabetes for longer may struggle to reach remission. However, don't be deterred as weight loss of only 5% or 10% of your total body weight has many benefits including:

- Better controlling blood glucose levels
- Lowering blood pressure levels
- Lowering cholesterol levels
- Increasing energy levels

Losing weight and sustaining the weight loss may require you to change your diet. Getting into the habit of eating healthily is vital. Consuming a low calorie or low carbohydrate diet is a healthy option.

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Reducing Insulin levels The combination of low GI and healthy levels of protein and fibre means Revitalise stops you from snacking. Plus, the soluble fibre in Revitalise reduces carbohydrate absorption, which in turn reduces blood glucose and insulin levels.

Revitalise is not a meal replacement At only 140 calories per serve, Revitalise is perfect to be consumed with low calorie or low carbohydrate meals or as an in-between snack. Revitalise will keep you feeling full for hours. You may notice your urge to graze between meals decreases. After drinking Revitalise, you may even find you eat a smaller main meal because you won't feel as hungry. By following this approach, you can expect to cut back on added sugar, lose weight and increase your energy levels.

Lowering blood pressure and cholesterol Revitalise reduces blood pressure and bad cholesterol when part of low salt and low saturated fatty acids diets.

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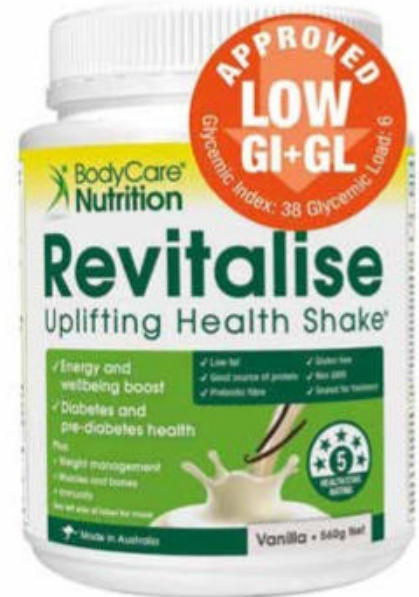

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